

THE Messenger

free weekly • also available online

Lakes, Bay & Region • January 21 2017

A woman is sitting in a barber's chair, smiling, wearing a black cape with a red 'UPPERCUT DELUXE' logo. A barber is standing behind her, smiling and cutting her hair. The shop has a rustic feel with wooden walls, a dartboard, a refrigerator with posters, and a motorcycle in the background.

1000 FREE
HAIRCUTS
LOCAL BARBER
HAS BIG HEART
AND BUSY HANDS

LEONIE: I JUST CAN'T COPE WITH THE UNFAIRNESS OF IT ALL

FILM REVIEW: THE FINEST HOURS

WHAT'S ON • TV GUIDES • STARSIGNS • ALL AGES ACTIVITIES • HEALTH • REAL ESTATE • TRADE & SERVICES DIRECTORY



YOUR LOCAL NEW FURNITURE & BEDDING STORE

MATTRESS & BEDDING SALE NOW ON!



Beautiful Leadlight Lamps
IN STOCK NOW

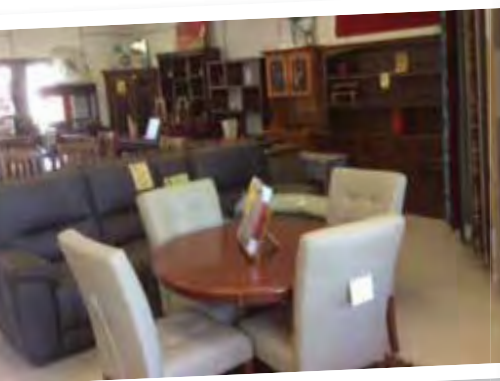
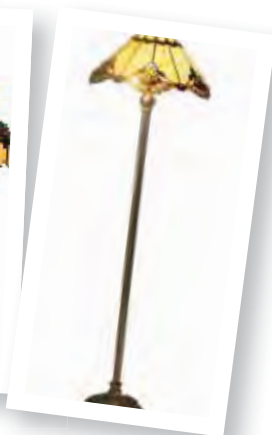


SLEEPMAKER MIRACOIL
QUEEN MATTRESS
ONLY \$799

Illustrations for display purposes only



Beautiful Leadlight Lamps
IN STOCK NOW



MASSIVE FLOOR STOCK SALE

3491 3500 • 1495 Anzac Avenue, KALLANGUR

sales@a1newfurnitureandbedding.com.au • www.a1newfurnitureandbedding.com.au



afa
australian financial advisers

Australian Financial Advisers

Evergreen Centre,
Unit 8, 14 Discovery Drive, North Lakes

Financial & Investment Workshop

**2017 is here! Do you have all your finances in order?
Simple check, can you tick off all the following items?**

- | | |
|-----------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Debt Reduction | <input type="checkbox"/> Understanding Property |
| <input type="checkbox"/> Budgeting and Tax | <input type="checkbox"/> Understanding Share Investing |
| <input type="checkbox"/> Manage your Cashflow | <input type="checkbox"/> Retirement Planning |
| <input type="checkbox"/> Risk Management | <input type="checkbox"/> Estate Planning |

If you have answered NO to any of the above, then call us!
We can provide expert advice and assistance with all aspects of Financial Planning.
No matter what your situation call now for an obligation free appointment.

2017 Series FREE Investment Workshops

Estate Planning
Property Investing

Super & Retirement Planning
Investing in Shares

For more information, book an appointment to see an advisor or to register for the Workshop please call:

3385 0565

Contact

Email: ls@afanorthlakes.com

Web: www.afafp.com.au



John Drayton
Location Manager

George Hartnett's 70 years of tradition.

George Hartnett, a resident of Redcliffe, created a tradition of quality funeral care which continues today.

We remain true to George Hartnett's vision and are dedicated to delivering funerals with respect, care, dignity and empathy to local Brisbane families.

With over 70 years experience in tailoring funeral goodbyes to the needs of families, the George Hartnett tradition carries on through local Funeral Directors such as John Drayton.

Speak to John today, to learn more about how being involved in your own goodbye will benefit you and your family.



EVERY GOODBYE IS DIFFERENT

Proud Member of InvoCare

Redcliffe | 3284 5268

georgehartnettfunerals.com.au

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.
ABN 129 5493 7979.

CONTACT US

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email:

adz@northlakesmessenger.com.au

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Thursday one week prior. Incomplete art due Tuesday midday one week prior.

Payments

Payments or accounts please call Nick on **1300 300 608** Monday to Thursday or email:

accounts@northlakesmessenger.com.au

Credit Cards & Direct Deposit:

Bank of Queensland

BSB: 124185

A/C: 20169347

Cheques:

PO Box 127 North Lakes, QLD 4509

DISTRIBUTION/DELIVERIES/REQUEST COPIES

For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:

distribution@northlakesmessenger.com.au

OTHER CONTACTS

For the Community Notice Board and Your Say please email:

community@northlakesmessenger.com.au

observing the requisites and disclaimers printed on their relevant pages.

DISCLAIMER

Not all opinions expressed in this publication are necessarily those of the publishers. No responsibility is taken by the Messenger for any errors, misleading information or the validity of the advertising content. The articles, information and anecdotes are not necessarily the original work of the editor or writers.

INDEMNITY

By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.



CELEBRATE THE *New Year* IN STYLE

20-70% OFF ALL STOCK

- ✓ GREAT DISCOUNTS ON SUNGLASSES & CONTACT LENSES
- ✓ 2 PAIR DEALS ON ALL FRAMES STARTING AT \$199
- ✓ NO GAP RANGE FOR ALL HEALTH FUNDS
- ✓ GLASSES READY IN 30 MINUTES
- ✓ GREAT VALUE, BETTER SERVICE

Westfield North Lakes
at Woolworths end, opposite Dymocks

www.eyetoeyeoptyometry.com.au

Ph: 3482 3766



Fresh hair, fresh start

A SCARBOROUGH BARBERSHOP ARE TAKING THEIR HOTROD HAIR STYLES TO THE STREETS, PROVIDING 1000 FREE HAIRCUTS FOR QUEENSLANDERS IN NEED



On any given night in Australia 1 in 200 people are homeless. On that same night there would be nearly 18,000 children under 10 homeless, with 402 of these children sleeping rough. Homelessness Australia defines homelessness as a person who does not have suitable alternatives to staying in improvised dwellings, tents, sleeping out or supported accommodation for the homeless.

Locally, there are nearly 20,000 homeless people in Queensland. Despite the best efforts of many local services the shelters fill up each evening and those without a place in them struggle to find a safe bed. 27 per cent of our homeless are under the age of 18 and 17 percent are under the age of 12.

For many, dignity is a notion long since forgotten.

Enter Teresa Reed (opposite left) and Danielle Hannah (right) of Scarborough based Retro barbers Jack Reed Barbershop with the idea to offer Dignity Through Transformation. The 1000 Haircuts project will offer free haircuts from a mobile barbershop (like a food truck with a barber fitout inside) across the Brisbane North and Moreton Bay region.

Danielle Hannah of Jack Reed said a good haircut can build self-image and feelings of self-worth, resulting

in a sense of dignity and positivity.

"Everyone likes to feel like they look good, but for a person experiencing homelessness a haircut can mean the difference between social isolation and inclusion," Danielle said.

"Fresh hair and a shave can feel like a fresh start, which can be a big deal to someone who's going through a pretty rough time."

"But it's also about feeling like you're part of a community. When you spend time at the barbers, it's not just about coming away looking good, you also spend time in conversation getting to know people, hearing their stories and sharing their experience."

The Messenger asked them about their inspiration.

"We both come from community care backgrounds, I've worked with homelessness and Danielle worked in age and disability care and we thought wouldn't it be cool if we could give haircuts for free to people from the trailer. We saw the government's Dignity First fund, we applied and we won," Teresa said.

Minister for Housing and Public Works Mick de Brenni said the fund was designed to encourage innovative, non-traditional ideas to help people experiencing homelessness live with dignity.

"Homelessness is a complex issue, and it requires a sophisticated response. But while we work toward longer term solutions, there are many wonderful community organisations like Jack Reed Barbershop who are helping people to live with dignity," he said.

Member for Redcliffe Yvette D'Ath said the benefit extended beyond a haircut, as the resulting confidence boost can be a catalyst for change.

"We all feel more confident after a haircut, but for someone who's experiencing homelessness the sense of self-worth and dignity that comes from a haircut can help them feel positive about the future," said Ms D'Ath.

Teresa and Danielle would like to thank their sponsors UpperCut Deluxe, AMR, Trending Media Australia, Van Demons Food Vans and of course the Queensland Government for helping to get the initiative running.

To support 1000 Haircuts check out www.jackreedbarbershop.com. There you can donate money or time (if you're suitably skilled) or you can get behind this great initiative by buying a haircut or merch. You can also follow along by finding them on Facebook or Instagram or email jack@jackreedbarbershop.com for more info.

change the smile. change the game.

our **ethos**™ your experience.

Get high-impact results with low-visibility, straightforward treatment. Our specialist orthodontists use **clear braces**, **Invisalign®** and **Incognito®** to keep things discreet – and appointments fit in with your lifestyle too. For lasting oral health and a smile that's more than skin deep, trust **ethos**™. It's not just about the best smile. It's the best experience.

ethosorthodontics.com.au | 07 3349 5266 | NO REFERRAL NECESSARY

ethos™
orthodontics

Why choose ethos?

- Adult orthodontic specialists
- Highly skilled team
- Superior treatment options

- Flexible appointment times and payment plans
- Relaxing treatment environment
- 11 convenient locations

ETHOS000-A-000004



A good haircut can build self-image and feelings of self-worth, resulting in a sense of dignity and positivity



choose the fast-track to a winning smile

express orthodontic treatment
with a difference

If life didn't give you a great smile, **ethos™** can. And it can be quicker and simpler than you think with **ethos™** lite for less-complicated orthodontic cases. In just 6–9 months and with minimal hassle, you could be wearing your new smile. It's all the benefits of specialist orthodontics for lasting oral health plus the full ethos experience – but faster. Why wouldn't you be smiling?

are you right
for ethos lite?

download our self-diagnostic
orthodontic app – FREE!
smileseekerapp.com.au



ethoslite.com.au | 07 3349 5266 | **NO REFERRAL NECESSARY**

ethos™ lite
express treatment for simple cases
by **ethos** orthodontics

Why choose ethos?

- Adult orthodontic specialists
- Highly skilled team
- Superior treatment options

- Flexible appointment times and payment plans
- Relaxing treatment environment
- 9 convenient locations

ethos orthodontics



Extreme flooding could return in South-East Queensland

IT'S BEEN SIX YEARS SINCE THE CATASTROPHIC FLOOD SOUTHEAST QUEENSLAND. COULD THE FLOODWATERS RETURN?

History has a devastating tendency to repeat itself when it comes to extreme flooding in South-East Queensland, researchers behind a new study have warned.

The University of Queensland-led research project investigating the recurrence of extreme floods in South-East Queensland, has been released six years after the devastating 2011 floods.

Associate Professor Jacky Croke of UQ's School of Earth and Environmental Sciences said there was no place for complacency.

"History has an uncomfortable way of repeating itself," she said.

"The goal of our research was to contribute to the understanding, prediction and management of extreme flood events in the Lockyer Valley and broader South-East Queensland region.

"We discovered major floods occurred on the Lockyer Creek in 500AD, 1300 and in the 1700s – well before historical and gauging station information was available – and in the 1890s and 1970s.

"While the hydrological characteristics of the Lockyer Creek 2011 flood have been evaluated through coronial inquests, there are concerns about when the next 'big event' could occur and how other populated areas could be affected."

Associate Professor Croke said the history of river discharge records was too short to determine the likely recurrence intervals of extreme floods, but the study had reduced uncertainty in flood prediction by about 50 per cent.

"Government, industry and university colleagues worked on the Australian Research Council Linkage-funded project which reconstructed a time series of major floods for Lockyer Creek going back 2000 years.

"The study predicted river channel and floodplain susceptibility to floods in the Lockyer Valley and located areas of high risk.

"Consistently defining floodplain types, spill out zones and locations of high stream power, and aligning management actions

with the right erosion process would take SEQ a long way to better flood hazard management and downstream water quality protection."

HISTORY HAS A DEVASTATING TENDENCY TO REPEAT ITSELF WHEN IT COMES TO EXTREME FLOODING

Associate Professor Croke said findings from the project made a significant contribution to the future management of floods in the region.

"We identified actions can be undertaken to meet the future objectives of improved flood hazard mapping and 'keeping soil on the paddock' through

appropriate catchment action plans," she said.

The research (<http://www.thebigflood.com.au>) will be incorporated into climate change predictions, water quality protection and river management in Australia.

The project involved researchers from Macquarie University, the University of Lincoln in the United Kingdom, the University of Wollongong, Griffith University, the Queensland Department of Science, Information Technology and Innovation, and Seqwater.

Partner organisations included the Queensland Government, Seqwater and the Lockyer Valley Regional Council.

Pictured: 2011 flooding in Brisbane

2017 Beauty & Massage Courses

Diploma of Beauty Therapy



Diploma of Screen & Media (Makeup)



Diploma of Remedial Massage



Flexible
Attendance
and Excellent
Employment
Opportunities

Limited
VET Student
Loans
Available



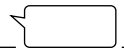
ENQUIRE NOW
07 3881 1977



VET Student Loans

400 Gympie Road, Strathpine
www.demiinternational.com.au

MAROOCHYDORE | STRATHPINE | TOOWOOMBA | CAIRNS



I just can't cope with the unfairness of it all



ABOUT LEONIE

Leonie Scilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.

Hi Leonie,

I am a divorcee at 37 and have no children to show for my 13 years marriage. My ex didn't want children and I agreed for fear of losing him. So much hurt has happened to me in the last ten years I barely know where to start.

My ex cheated on me and gambled away our savings and the house and I ended up walking away with nothing except a \$6,000 bankcard debt and a broken heart.

His family have attacked me verbally and there is this ongoing blame they throw at me for letting it all happen.

I know I should be able to get on with my life but I just can't cope with the unfairness of it all. I keep rehashing everything that has been said and done over and over.

I moved here to North Lakes for a fresh start and I have managed to get a fantastic job but I feel that recovery is still so far away for me.

It's been 13 months now and the past keeps haunting me. I lay awake thinking about everything and replaying hurtful arguments and wishing I had handled things differently and gotten out years ago.

I have reached out for professional help but found the sessions I had were of no help and I must say that person seemed to attack me by implying that I was stupid for staying so long in the first place so I won't be going back.

Would you offer some help please?

**Name withheld by request/
North Lakes**

Hi,

Sometimes hurtful situations leave an imprint of mental and emotional images that just keep playing in our heads like a dreadful movie that never ends. The more we allow these movies to keep playing in a loop over and over again the further we are from the "Now" of our lives and are spending our time in the past of our lives. This means that we are not fully available to experience and enjoy present peace and happiness and are unable to plan for or entertain the idea of a bright future. When we are reliving the past we are not really in the past because the thoughts and hurt are happening in the present and by ruminating in past hurts we are actually extending the hurts so that they are still being experienced right now.

The key is to make a decision in the present moment to not entertain the thought. Mindfully track your thoughts and when you notice that you are slipping into a past experience, make a decision right there in the moment to change your focus. Deliberately think about something that is positive – your new job for example. Try imagining that the intrusive thought is a ping pong ball and imagine yourself throwing the ball up in the air and batting it away every single time you find an intrusive thought from the past coming up.

The other thing that I feel you need to do is to take responsibility for your choices. Not to beat yourself up but rather to help you set a new code of conduct for yourself where you will not tolerate any mistreatment from others regardless of the circumstances. If we imagine that we are the Managing Director of our lives and that we are solely accountable for how things turn out in our lives, it's not a big leap to see that you would sack yourself in a heartbeat if you let your life run off the rails again. The devil is in the details of our lives within every choice we make every day, every week and every year of our lives. We must be firmly installed in the driver's seat of our lives making mindful choices.

You say that your ex's family are still levelling blame at you and I have to ask why on Earth you are still giving these people access to you. The divorce has happened; the settlement has happened; there are no children to consider so I advise you to kick these bullies to the kerb immediately. Change your contact details and don't engage with any of these people on social media. In my published book *Relationship Intensive Care: A practical Guide for Saving and Maintaining Your Relationship*, I go into great detail about how to recover from a broken heart and a hurtful past and get on with your life. I believe that this book would be a valuable resource for you as there are just too many strategies to go into in this response.

Consider getting very determined and bloody minded about your recovery to the point where you just won't sit with these nagging thoughts for one more day.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

CATCH LEONIE'S RADIO SHOW ALTERNATE MONDAYS AT 11.00AM ON 99.7 BRIDGE FM





Specialising in
Concrete
Pool Construction

*Service &
Quality Guaranteed*

BDAQ Award Winning Pool Builder
Over 30 Years of Experience | Servicing North Lakes to Gympie

P: 5438 8046

151 Nicklin Way Warana | admin@poolsbydesign.net.au
www.poolsbydesign.net.au



Landscaping | Fencing | Heating | Water Features



NORTHS

Information for members and their guests.
Find us at facebook.com/northskallangur

JOIN to WIN

MEMBERSHIP
\$4
UNTIL 2020

Be a Norths 2020 member for the chance to
WIN A BRAND NEW KITCHEN
valued at \$30,000



Proudly Supplied By **mkn**
Kitchens & Laundries

5 finalists drawn each Saturday from 1 pm.

MAJOR PRIZE DRAW:
Sat 28 January from 1 pm

Become a member, renew your expired membership or be a current Norths 2020 member with a mobile and email address listed in our database to be eligible to enter this promotion. Terms & conditions available on request.

CHILL OUT
TOTAL PRIZE POOL VALUED AT OVER **\$24,000**
EIGHT SAMSUNG FRIDGES WITH A \$500 MEAT VOUCHER MUST BE WON!

Prize draws: Every Sun 2:30pm

Members only promotion. Terms & conditions available on request.



Sat 11 Feb 7:30pm \$25 pp

THE GREAT AUSTRALIAN GIVEAWAY!

Thursday 26 Jan from 2pm

10 BARBEQUES MUST BE WON!

Australia's Biggest Raffle
\$3000 worth of meat trays and seafood trays drawn from 6pm.



Wed 25 Jan 7:30pm

FREE SHOW
for members

Phone for our **FREE Member's Courtesy Bus!**
Ph: (07) 3285 2733, 1347 Anzac Avenue, Kallangur

Visit us at
www.northsleagues.com



Easily submit your event on our homepage

www.northlakesmessenger.com.au

Please direct questions about this free service to editor@northlakesmessenger.com.au



BACKYARD SUMMER PARTY (BY PICNIC HILL)

Date: Thursday January 26 2017

Time: from 10am

Location: Corner of Oxley and Anzac Parades, Redcliffe

Cost: \$2.50 entry

The Picnic Hill team is presenting Backyard Summer Party on Australia Day this year. Celebrate summer with the JJJ Hottest 100 Countdown booming from the main stage. Other entertainment includes live graffiti art, craft beer, cocktails, bbq, dunk tank, festival rides, cricket and more! Bring your beach towels and soak up the Aussie Summer. Like Picnic Hill's other events all funds go to supporting youth at risk throughout North Brisbane.

AUSTRALIA DAY IN REDCLIFFE

Date: Thursday January 26 2017

Time: 2.00pm - 8.00pm

Location: Suttons Beach, Redcliffe, Queensland

Cost: Free

Suttons Beach in Redcliffe is hosting an easy-going Australia Day event. It's family friendly and free to attend. From 2pm - 7.30pm Redcliffe stage will host a huge array of live performers including Juzzie Smith, Little Georgia, and Fat Picnic and a for the Lamington Eating Contest! On the beach in front there will be beach cricket, beach sack races and beach volleyball organised as well as Float 'n' Fun Paddle Boards and Peddle Boards. In the Garden a games are will be set up with Giant Beer Pong, Giant Jenga, Tic Tac Toe and Toilet Races. This day finishes with a fireworks display from 7.30pm.

AUSTRALIA DAY ON BRIBIE

Date: Thursday January 26 2017

Time: 7.30am - 8.00pm

Location: Brennan Park - 2 Toorbul St, Bribie Island

Cost: Free

Brennan and Apex Parks on Bribie Island are hosting Aussie Day games and activities. Starting with the traditional FREE big breakfast from 7.30am courtesy of Bribie Island Lions, Sandstone Point Lions, and Cornetts Supa IGA. In the park there's live music, games and activities including beach cricket, beer pong, and thong throwing. On the beach there will be volleyball and ice cream eating competition thanks to Scoopys Family Cafe finishing with fireworks from 7.30.

AUSTRALIA DAY BY THE BAY

Date: Thursday January 26 2017

Time: 10:30am to 5:00pm

Locations: Sandgate Town Hall, Upper Moora Park Shorncliffe and Cotton Street Shorncliffe

Cost: Free

The day starts with a Citizenship Ceremony at Sandgate Town Hall, Seymour Street - 10.30 am (registrations from 9.30 am) then there's a big Aussie BBQ in Upper Moora Park - 1 pm to 3 pm. Don't miss the Billy Cart Races - Cotton Street, Shorncliffe - 3 pm to 5 pm.

GREAT AUSTRALIAN BITES

Date: Thursday January 26 2017 - 28 January 2017

Time: 11:00am Thursday 2017 to 8:30pm Saturday

Location: River Quay, Southbank, River Quay Green South Bank, South Brisbane

Cost: Free entry, prices vary

River Quay restaurants, Aquitaine Brasserie, Cove Bar & Dining, The Jetty and Popolo Italian Kitchen, will showcase a variety of tasting plates and beverages using quality produce sourced from local suppliers for their Great Australia Bites pop-up food stalls. Relaxed seating options on the beautiful green grass, encouraging guests to get comfortable and enjoy the River Quay area and take in Brisbane's city skyline. On Australia Day, Thursday 26 January, visitors settle in for a great view of the Australia Day fireworks at 7.30 pm.

MULTICULTURAL AUSTRALIA DAY FESTIVAL

Date: Thursday January 26 2017

Time: 12:00pm to 7:30pm

Location: 757 Gympie Road, Lawnton

Cost: Free

The Encircle Multicultural Festival on Australia Day is also to raise awareness of support services that are available to the community at a family friendly and fun event. Encircle has invited key services to provide information on important issues impacting people in our community e.g. homelessness, mental health, ageing population, social isolation, health and wellbeing, drugs and alcohol, domestic and family violence. The event is also an opportunity to celebrate the diversity of our community and will showcase local artists and performers, most of which are from culturally and linguistically diverse backgrounds.

PINK STUMPS DAY ON AUSTRALIA DAY

Date: Thursday January 26 2017

Time: 8.00am

Location: Woodside Grounds, North Lakes

Cost: Free

The Lakes Cricket club is holding a pink stumps day on Australia day. There will be two matches on the day. A Junior game starting at 8am and a Senior game - Australia v Internationals - starting at midday. Both games are a fun social event for family and friends, with the aim to promote cricket in North Lakes and raise money for the Mcgrath foundation. Donate here: <https://pinkstumpsday2017.gofundraise.com.au/page/TLCC>

MAKE YOUR NEW YEAR'S RESOLUTION A REALITY



At BOQ we can help out with your New Year's resolutions faster than you think.

Whether it's saying goodbye to rent and hello to your dream home, or saving for that holiday you keep putting off, we're always here to help. No matter what you need, your experienced BOQ manager will help turn your resolutions in to reality.

IT'S POSSIBLE to
LOVE A BANK
NORTH LAKES

BOQ

BOQ Manager **Jeff Walls & Jeremy Cake**

📞 3491 9311 @ northlakes@boq.com.au

📘 facebook.com/boqnorthlakes

🌐 boq.com.au

Bank of Queensland Ltd ABN 37 009 656 740 (BOQ) (AFSL and Australian Credit Licence (number 244611))

Join the bLU cRU this xmas!

Buy a Yamaha fun bike and
score three free bLU cRU
bonus items and factory
rebates on selected models.
Total value **\$850!**

FREE
#1 sticker
kit!

FREE
bLU cRU
pit tent!

FREE
bLU cRU
watch!

Start them out
right on the
winning team!

YAMAHA
Revs Your Heart



YMF

YAMALUBE

YAMAHA MOTORCYCLE INSURANCE

GYTR

YAMAHA DNA

Offer available at participating dealers for a limited time while stocks last. Applicable models are Yamaha PW50, TT-R50E, TT-R110E, TT-R125E/LWE, YFZ50 & YFM90R. Factory rebates on TT-R50E and TT-R110E only. *Max savings is based on TT-R110E \$300 rebate plus \$500 RRP inc GST worth of free gear. A fixed cap 'Off Road Rider Fire and Theft Insurance' cover available for \$130 for a period of 12 months. Credit criteria, fees, charges and terms and conditions apply including an application fee of \$100. Credit is provided by Yamaha Motor Finance Australia Pty Ltd ABN 29 101 928 670, Australian Credit Licence 394553. Insurance is underwritten by ANI Limited ABN 48 005 237 807, AFSL 230859 trading as Vero Insurance. ANI acts through its agent, NM Insurance Pty Ltd ABN 34 100 633 038, AFSL 227186. You should read the Yamaha Motorcycle Insurance Off Road Rider Product Disclosure Statement (PDS) before deciding whether the cover is right for you. Copy of PDS available online at www.yamaha-motor.com.au/finance/finance%20Motorcycle%20Insurance or by emailing: customerservice@yamaha.com.au or phone: 1300 794 454.

north
NORTHSTAR YAMAHA

NORTHSTAR YAMAHA 34 FLINDERS PARADE, NORTH LAKES
PH: 3852 4474 WWW.NORTHSTARYAMAHA.COM.AU

north
NORTHSTAR YAMAHA

Celebrate local heroes from Redcliffe Surf Life Saving Club this summer

SURF LIFE SAVING VOLUNTEERS TO GET GRILL'D DURING JANUARY

As Aussies flock to the beach this summer, volunteers from Redcliffe Surf Life Saving Club will be hard at work ensuring everyone can relax and enjoy the holidays.

To support these local Aussie heroes, North Lakes' residents are being called on to help raise vital funds for Redcliffe Surf Life Saving Club, and the many Surf Life Saving Aussie heroes who volunteer their time, simply by eating a Grill'd burger.

Throughout January, for every burger purchased at Grill'd North Lakes, customers will be given a token to allocate to either Surf Life Saving, St John Ambulance or the Australian Red Cross. At the end of the campaign the community group that receives the most tokens across all participating restaurants will receive \$30,000 to put towards their services, followed by \$15,000 for each runner up.

Redcliffe Surf Life Saving Club

is one of 312 clubs that together performed more than 13,000 rescues and more than a million preventative actions across Australia in the past year.

Surf Life Saving Australia National Partnerships Executive, Erin Jeffries, said "Summer is the busiest time of the year for volunteers, as thousands of beachgoers flock to the beach."

"Surf Life Saving is a community cause that relies on public donations to help save lives on the beach.

"Thousands of people are rescued every year, with many more treated for first aid.

"Surf Life Saving needs public support more than ever to help meet its core mission of zero preventable deaths on Australian beaches," said Erin.

Find Grill'd at the Westfield North Lakes Dining Precinct



YOUNG HEALTHY TEETH!
No Gap! No Out Of Pocket Costs!
UP TO \$700



SCHEME CLOSING 30 JUNE
BOOK NOW

We can check to see if your child is eligible for Medicare's Child Dental Benefit Scheme - children **aged 2-18 years** can receive **\$1,000 every 2 years** to use on their Dental Health! **Gap FREE!**

To Find Out More - CALL US NOW!

Shop 18 Mango Hill Marketplace
Cr Anzac Ave & Halpine Dr, Mango Hill

3157 1677

Margate Medical,
3/279 Oxley Ave, Margate

3284 5588

www.smilesdental.com.au



PIC FROM THE PAST

The Finest Hours

DIRECTED BY CRAIG GILLESPIE

The incredibly true story, which happened in 1952 off the East Coast of New England, is my pic from the past but actually the film only came out in 2015 – therefore not too far past.

This movie is not a film where one can sit in a hushed cinema and stoically watch for the 170 minutes without a word. Watch this film with family, at home, where you can let go with the occasional scream, grab the person next to you or gasp the occasional omg or expletive. This real life situation, translated to screen, took place when a terrify storm raged in the Atlantic in freezing temperatures off the coast. The raging storm split a massive oil tanker in half – the SS Pendleton.

After the oil tanker (the two parts) was located via radar it was tracked by Daniel Cluff (played by Eric Bana) who decided a rescue attempt would be possible. A quiet man, Bernie Webber (played by the talented Chris Pine) of the Massachusetts's Coast Guard, stepped forward and agreed to take a small motorised boat out, past the dangerous Chatham Bar and attempt the rescue. Three men volunteered to go with him. Many of the older, experienced seamen refused to volunteer advising it was a suicide mission.

Hence we are taken into an ordeal of survival. Getting over the dangerous Chatham Bar was a feat in itself. When the massive tanker is located the view is horrifying. Towering over the volunteers the initial thought it is a ghost ship – then lights and torches appear along the top level of the frightening vessel. It was daunting for the volunteers to find that there were 32 survivors and that their small boat was built for a maximum of 12. It was suggested they take as many as possible and attempt to return for a further rescue. Bernie refused saying that he would not leave anyone on that stricken tanker. "They all come," he said. "We all live. Or we all die."

A young engineer, Ray Sybert (played by Casey Affleck – yes he has a brother named Ben). The young engineer is credited with stabilising the half tanker long enough for a possible rescue attempt. When the captain of the tanker asks Sybert to speak with the men Sybert replies that the men don't like him. The captain said "they don't like you – but they will listen to you."

I had not been aware of this story and it rightfully deserves all recognition it can get in history. Bernie Webber was honoured and the rescue still stands today as the greatest sea rescue by a small boat in history. It was disappointing to read in the aftermath, jealousy set in. and many of Bernie's colleagues and officers shunned him – but I would imagine that those rescued would not be in the awful group. The film makes the viewer realise that a hero is not necessarily about macho strength. In this story it is a quiet man with resilience, compassion for others and determination who is the hero.

As the credits roll, authentic photographs of the people involved appear. The romance depicted in the film was basically the truth (only the marriage had already taken place a year previously).

I'm giving this film 4 stars.

see more at www.facebook.com/AngeDeanFilmReviewer

GameON
FAMILY FUN CENTRE

PACKAGES
STARTING FROM
\$139

**2 EXTRA
CHILDREN
FREE!***
IF YOU BOOK A PARTY
BEFORE 1 APRIL 2017

**HAVE YOUR NEXT
PARTY WITH US!**

**Fun and experienced party hosts
and lots of activities to choose from
to ensure the best party ever!**

**8 PACKAGES
TO CHOOSE FROM**

* 2 extra children only, no other discounts apply. Valid for all party packages. Party must be booked in and deposit paid before 1st April 2017. New bookings only. Must show voucher.

Unit 3, 4-6 Burke Crescent, North Lakes

3014 0322

Swap office 'cake culture' for hugs and smiles experts say

WRITES DR ANITA GREEN

As many of us return to work with fresh ambition for a healthier lifestyle in 2017, health experts are warning that our habitual office 'cake culture' is plating up a series of health challenges, and should be swapped for a friendly gesture like a hug.

Experts including the Faculty of Dental Surgery at England's Royal College of Surgeons are concerned that the workplace is increasingly becoming the place where people consume the most sugar, contributing to the obesity epidemic and poor oral health.

Tam Fry, spokesperson for the National Obesity Forum, told UK newspaper The Telegraph foods like cakes and confectionary should not be seen as a treat or reward.

"You may not know who in your office is secretly dieting in which case they won't appreciate your gesture: if you do know, you're plainly malicious.

"If you want to give them anything, give them a smile, a hug or both," Mr Fry said.

While such a suggestion may be a slap in the face to those who like to have their cake and eat it too, many of us need to consider ways to improve our diets, with 52 per cent of adults in the North Brisbane and Moreton Bay region considered overweight or obese.

This is an unpleasant but somewhat unsurprising truth, bolstered by a 2015 CSIRO study which reported that Australians consume an average equivalent of 32 kilograms of chocolate per year.

Professor Nigel Hunt, Dean of the Faculty of Dental Surgery at England's Royal College of Surgeons, has previously raised concern that excessive consumption of sugary treats in the workplace is contributing to tooth decay in adults.

"The idea of cake culture in workplaces really seemed to strike a chord when the Faculty first raised it as an issue.

"We all recognise it, managers want to reward their staff for their efforts, colleagues want to celebrate special occasions and workers want to bring back a gift from their holidays.

Professor Hunt says a culture change is necessary, to encourage healthy eating and help workers avoid caving in to sweet temptations such as cakes, sweets and biscuits.

With this in mind, the Faculty of Dental Surgery has developed five top tips for workers and employers to help cut back on sugar in the workplace:

- 1. Consider low sugar alternatives:** colleagues appreciate it when someone takes the time to buy treats for the team. But rather than buying sugary goods like biscuits and sweet, consider substituting them for low sugar alternatives.
- 2. Reduce portion sizes:** Think about reducing portion sizes- choose the small bag rather than the big one.
- 3. Avoid snacking and keep sugar as a lunchtime treat:** if someone does bring cake or sweets to the office, avoid snacking throughout the day and only consume sugary goods at lunchtime. Not only does this help reduce your overall sugar intake, it's also much better for your teeth.
- 4. Develop a sugar schedule to help limit your team's sugar intake:** there may be times when cake keeps appearing in the office, as birthdays or other events seem to be happening almost every day. One way to limit sugar consumption at such times is to organise a sugar schedule. For example, if there are birthdays on Monday, Tuesday and Thursday, arrange to have a cake at Friday lunchtime to celebrate all three, rather than on each day.
- 5. Location, location, location- think carefully about where cake and sugar is positioned:** research suggests that people will eat more sweets if they are nearby and visible than if they are placed further away. Therefore, think about where sugary products are positioned in the office and put them out of eyesight.

For more information on how to make positive changes for a healthier lifestyle, visit www.healthier.chd.gov.au



CAKE CULTURE IS PLATING UP A SERIES OF HEALTH CHALLENGES

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



30 DAYS TO GET MENTALLY + PHYSICALLY STRONGER

Accelerate your results with the Studio Pilates 30 Day Challenge.

INTENSE BODY SCULPTING | WORKOUT PROGRAM GUIDE
NUTRITION & RECIPES | DAILY INSPIRATION

Starts 13 February. Book before 31 January and get 2 classes free*.

Studio Pilates North Lakes

P: 3204 5222 | studiopilates.com



* North Lakes studio only

United Medical Centre North Lakes is conveniently located in the rapidly growing area of Upper North Lakes at the Hilltop Shopping Village on the corner of Bounty Blvd and Astley Parade.



The practice now welcomes **Dr Ritesh Prasad** to our growing team, who is consulting on Mon, Thurs & Fri 8.30am – 5pm, Tue & Wed 9.30am – 8pm. Dr Prasad enjoys all aspects of general practice and has a special interest in Skin Conditions, Paediatrics,

Cardiology, Oncology, Pre-Employment Medicals and Women's Health. After 7 years of Family Practice in Hervey Bay, Dr Prasad has moved with his family to Brisbane and looks forward to servicing the North Lakes community.

We are located not far from the new Costco and Bunnings and are situated next door to the **United Chemists North**

Lakes now open 8am till 8pm 7 days a week. There is ample parking with ease of access into our premises and ample access for wheelchairs and electric scooters.

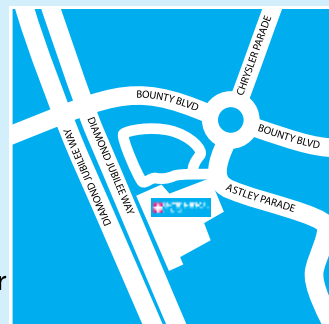
The Practice offers Bulk-Billing for:

- children 0 - 16 years and
- pension/concession card holders

The practice now offers the convenience of online bookings at **www.unitedmedical.net.au** or download the Health Engine app to your phone.

The friendly team at **United Medical Centre - North Lakes** are committed to providing exemplary health care provided by our exceptional medical team.

Please call 3482 3123 for your next appointment or



HILLTOP VILLAGE SHOPPING CENTRE

71 Astley Pde, North Lakes

OPENING HOURS:

Mon - Fri: 8am - 8pm | Sat: 8am - 12.30pm

Need a Skip?
Call SKIP-IT

1300 659 660

FAST, FRIENDLY, RELIABLE SERVICE | COMPETITIVE PRICES
SAME DAY DELIVERY AVAILABLE | FAMILY OWNED AND OPERATED



BE READY FOR STORM AND BUSH FIRE SEASON WITH SKIP-IT, YOUR WASTE REMOVAL SOLUTION



Domestic • Commercial • Industrial

Skip-It Environmental Services is focused on Recycling and Sustainability to help reduce the impact of refuse on the Environment. We dispose of:

- ✓ GREEN WASTE
- ✓ SOIL
- ✓ BRICKS
- ✓ TIMBER
- ✓ CARPET
- ✓ PLASTERBOARD
- ✓ CONCRETE
- ✓ HOUSEHOLD WASTE

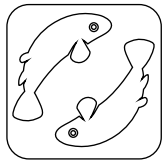


www.skip-it.com.au
sales@skip-it.com.au

YOUR STARS



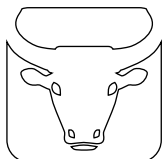
Aquarius Jan 21-Feb 19: Once again it's time to pick up the reins of your finances. You've been letting things trot along for too long. Pull- but not too tight.



Pisces Feb 20-March 20: Don't get stuck in details. Lift peoples sights so that they take in the big picture. It's the best way to establish common ground.



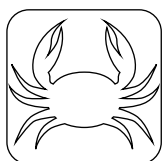
Aries march 21-April 20: Just when you're ready to close the book on a relationship, it shows promise. Giving someone a second chance isn't so bad after all.



Taurus April 21-May 21: Sometimes first impressions should give way to second and third ones. Revisit an assumption that no longer holds true. You misjudged.



Gemini May 22-June 21: You tend to target what's missing. Praise what's there instead. People concentrate when made to feel like they're doing something right.



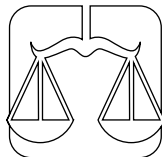
Cancer June 22-July 23: Would you be happier elsewhere? You don't usually look past the backyard, but the prospects worth considering- especially when someone asks.



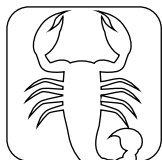
Leo July 24-Aug 23: There's no way to know what you're getting yourself into beforehand. All you can do is sign on, hope for the best, and trust in happy endings.



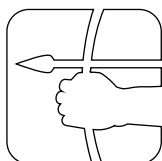
Virgo Aug 24-Sept 23: At first you may suspect a hidden agenda, but friends and loved ones want to make up for the heavy demand they made. Take them up on it.



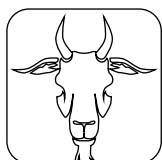
Libra Sept 24-Oct 23: A promise isn't a promise until it's fulfilled. Gently prod a certain someone towards honouring their commitment. You've waited long enough.



Scorpio Oct 24- Nov 22: You're looking at a huge outlay of money. Study what you gain in return. Not only is it well worth it, but you come out ahead in the end.



Sagittarius Nov 23-Dec 21: An unexpected offer throws off your timetable. It's tempting to skip it, but don't, you achieve a lot over the next few days.



Capricorn Dec 22-Jan 20: Hold your tongue. That person you think is mucking around could be doing you an enormous favour. Wait to see how things play out.



Bombshell
BARLEQUE

\$69
DINNER & SHOW

\$79
VIP TICKET

Valentine's Vamp

FRIDAY 10TH FEBRUARY



AUSTRALIA'S

NAUGHTIEST

HYPNOTIST

INCLUDES 2 COURSE
DINNER & SHOW

\$69 **\$79**
DINNER & SHOW VIP TICKET

FRIDAY
3 MARCH
6.30PM

NEW MENU

AVAILABLE NOW!

Eat, Drink & Play.

99 MARINE PARADE REDCLIFFE P 3284 6520
WWW.MONKOMOHOTEL.COM.AU
FACEBOOK.COM/MKHOTEL


MON KOMO
HOTEL



ATLANTIS
POOL SERVICES



**Come and see us for all
your pool and spa needs**

UNIT 4, 14 BURKE CRES.

NORTH LAKES

Like us on
Atlantis Pool Shop
North Lakes 

Operating Hours
Mon to Fri 8am to 5pm
Sat 8am to 2pm / Sun 9am to 1pm

PH: 3491 9700
Paul 0418 712 909

NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra Summer. (PG) **10.30** Cycling. Santos Tour Down Under. Stage 5. McLaren Vale to Willunga Hill. 151.5 km. **5.00** The Wildlife Man Featuring David Ireland. **3.30** The Wild Life Of Tim Faulkner. (PG) **4.00** Brisbane: Australia's New World City. (PG) **4.30** The Gurus Explore Canada. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Movie: Muriel's Wedding. (PG) (1994) **9.10** Movie: The Adventures Of Priscilla, Queen Of The Desert. (M) (1994) **11.20** Cycling. Santos Tour Down Under. Stage 5. McLaren Vale to Willunga Hill. 151.5 km. Highlights. **12.20** The Last Ship. (M) **2.00** TV Shop. **2.30** Movie: Scars Of Dracula. (M) (1970) **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.00** Move It. **12.30** SpongeBob. **1.00** Sonic Boom. (PG) **1.30** Power Rangers Dino. (PG) **2.00** Clarence. (PG) **2.30** Surfing Australia TV. **3.00** Gumball. (PG) **3.30** We Bare Bears. (PG) **4.00** Justice League Unlimited. (PG) **4.30** Movie: Pokémon The Movie: Genesect And The Legend Awakened. (G) (2013) **6.00** Movie: Scooby-Doo! Stage Fright. (G) (2013) **7.30** Movie: Superman III. (PG) (1983) **10.00** Gotham. (MA15+) **12.00** Adult Swim. (M) **12.30** Robot Chicken: Star Wars Episode III. (M) **1.30** Constantine. (M) **2.30** Surfing Australia TV. **3.00** Power Rangers Dino. (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Tennis. Australian Open. Day 6. **6.00** News. **7.00** Tennis. Australian Open. Night 6. **11.30** The Goldbergs. (PG) Erica and Barry help Lainey plan a big house party inspired by the movie Risky Business. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. **1.00** Young, Lazy And Driving Us Crazy. (PG) Final. The winner is announced. **2.00** Shopping. **4.00** It Is Written. (PG) Religious program. **4.30** Sons And Daughters. (PG) Alison and Susan come face to face. **5.00** Sons And Daughters. (PG) Doug's romantic plans go wrong. **5.30** Harry's Practice.

7TWO

6.00 Home Shopping. **8.00** House Calls To The Rescue. Johanna Griggs and the team tackle a bedroom nightmare and set out to move one of Australia's biggest beds. **9.00** Tennis. Australian Open. Day 6. From Melbourne Park. **6.00** Tennis. Australian Open. Night 6. From Melbourne Park. **10.00** Tennis. 2007 Australian Open. Semi-final. Roger Federer v Andy Roddick. Replay. From Melbourne Park. **12.00** Some Mothers Do 'Em. (PG) Frank and Betty decide to take a second honeymoon to the seaside. **1.00** Psychic TV. (M) A look at the world of psychics. **4.00** House Calls To The Rescue. Hosted by Johanna Griggs. **5.00** The Great Outdoors. See the tulip fields of Holland.

TEN

6.00 Fishing Edge. **6.30** Everyday Gourmet. **7.00** iFish. **8.00** Family Feud. **8.30** Jamie's 15-Minute Meals. **9.00** Crash The Bash. **9.30** St10. (PG) **10.30** Cricket. Women's Big Bash League. Game 9. Hobart Hurricanes v Melbourne Stars. **2.00** RPM: Summer Series. **3.00** Cricket. Big Bash League. Game 31. Hobart Hurricanes v Perth Scorchers. **6.15** Cricket. Big Bash League. Game 32. Melbourne Stars v Sydney Sixers. **10.00** MacGyver. (M) Using only a spanner and rope, MacGyver must diffuse a bomb set near the United Nations building. **11.00** Elementary. (M) A professional sceptic is murdered. **12.00** 48 Hours. (M) **1.00** 48 Hours. (M) **2.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Game 30. Brisbane Heat v Melbourne Renegades. Replay. **12.00** All 4 Adventure. (PG) **1.00** Highlander. (PG) **2.00** Monster Jam. **3.00** The Offroad Adventure Show. **4.00** 4x4 Adventures. **5.00** M*A*S*H. (PG) **5.30** iFish Summer. **6.00** Last Man Standing. (PG) **7.00** Freddie Flintoff: Lord Of The Fries. (PG) **8.00** The Life Of Mammals. (PG) **9.00** 48 Hours. (M) **10.00** Movie: Skin Deep. (2015) Zara Zoe. **11.40** The Glades. (M) **1.40** Bellator MMA. (M) **3.40** Daryl Beattie Adventures: The Simpson Desert. **4.10** Whacked Out Sports. (PG) **5.00** Cricket. Women's Big Bash League. Game 9. Hobart Hurricanes v Melbourne Stars. Replay.

ABC

6.00 Rage. (PG) **10.00** Rage: Retro Month. (PG) **11.00** To Be Advised. **11.40** Auction Room. **12.10** Miss Fisher's Murder Mysteries. (M) Final. **1.05** Vera. (M) **2.40** Trust Me I'm A Doctor. **3.30** Arthur Phillip: Governor, Sailor, Spy. **4.00** Two On The Great Divide. (PG) **5.00** Rick Stein: From Venice To Istanbul. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** Miniseries: Doctor Thorne. (PG) **8.20** Sherlock. (M) **9.50** Foyle's War. (M) **11.20** Gruen Planet. (M) Final. **12.00** Rage: Retro Month. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.05** Octonauts And The Amazon Adventure. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Penn & Teller: Fool Us. (PG) **9.10** Live At The Apollo. (M) **10.00** Comedy Next Gen. (MA15+) **11.00** Black Books. (PG) **11.25** Archer. (M) **11.45** twentysomething. (M) **12.15** twentysomething. (M) **12.40** Wednesday Night Fever. (M) **1.10** Wednesday Night Fever. (M) **1.40** Wednesday Night Fever. (PG) **2.10** News Update. **2.15** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Toby's Travelling Circus. **5.45** The WotWots.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Grand Prix Grand Final. Pairs and Women's Singles competitions. **3.30** Alexander's Lost World. (PG) **4.30** Treasures Of Ancient Egypt. **5.30** Bon Appetit! Gérard Depardieu's Europe. (PG) **6.30** SBS World News. **7.35** Hitler's Secrets. **8.30** Movie: Dead Europe. (MA15+) (2012) **10.00** Soccer. EPL. Liverpool v Swansea. **12.50** Undressed. **1.20** Undressed. **1.50** Raymond Blanc: How To Cook Well. Final. **2.20** Mad Men. (M) **3.10** Mad Men. (M) **4.05** Mad Men. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS VLND

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 16. Sydney FC v Adelaide United. Replay. **3.10** Billy On The Street. (PG) **3.40** Inhuman Kind. **4.15** Larping Saved My Life. **4.40** Cyberwar. (PG) **5.10** Dead Set On Life. **5.40** Balls Deep. (PG) **6.05** Maternity Leave. (PG) **7.00** If You Are The One. **8.30** Movie: Alien 3. (MA15+) (1992) **10.40** Movie: The Descent. (MA15+) (2005) **12.25** Maternity Leave. (PG) **1.15** Noisy. (M) **1.40** Noisy. (M) **2.05** Bare Knuckle. (M) **2.35** 365: Every Day Docs. **2.40** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm Zoolander 2 (2016) Comedy. Ben Stiller, Owen Wilson. (M) *Premiere*

8.30pm Man Of Steel (2013) Action. Henry Cavill, Russell Crowe, Amy Adams. (M) *Action*

10.25pm I Love You, Man (2009) Comedy. Paul Rudd, Jason Segel. (MA15+) *Comedy*

GENERAL

7.30pm Doc Martin. (PG) *UKTV*

8.00pm The Herbert Brothers. (PG) *A&E*

9.30pm Teen Wolf. *FOX8*

DOCUMENTARY

7.30pm Where The Wild Men Are With Ben Fogle. (M) *BBC Knowledge*

7.30pm Wives With Knives. (M) *Crime & Investigation*

9.20pm Hell's Kitchen. (MA15+) *Lifestyle Food*

SPORT

5.30pm Basketball. NBL. Round 16.

Brisbane Bullets v Melbourne United.

Fox Sports 3

7.45pm Soccer. A-League. Round 16.

Perth Glory v Melbourne Victory.

Fox Sports 4

8.00pm Golf. European PGA Tour.

Abu Dhabi Championship. Third round. *Fox Sports 1*

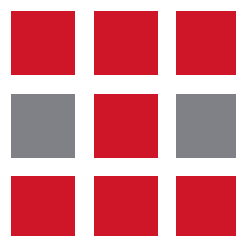
Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2101

WILLS & ESTATES



FAMILY LAW | INJURY LAW | WILLS & ESTATES | CONVEYANCING



ZANDE
LAW

Norwinn Centre
15 Discovery Drive
North Lakes
3385 0999
www.zandelaw.com.au

OPEN TO THE PUBLIC
7 DAYS A WEEK

Golf Club: 3480 9200
Lomandra's Restaurant: 3480 9210

YOU DON'T HAVE TO BE A MEMBER TO ENJOY NORTH LAKES RESORT GOLF CLUB

NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Sunrise. **10.00** My Surf TV. **10.30** Surfing. World League. Men's Championship Tour. Billabong Pipe Masters. Highlights. **11.30** World's Best Beaches. **12.30** Cricket. One Day International Series. Australia v Pakistan. Game 4. Afternoon session. **5.00** Customs. (PG) **5.30** Cricket. One Day International Series. Australia v Pakistan. Game 4. Evening session. **6.00** Nine News. **6.30** Cricket. One Day International Series. Australia v Pakistan. Game 4. Evening Session. Continued. **9.20** 60 Minutes. **10.20** Cycling. Santos Tour Down Under. Final stage. King William Street to King William Street. 90km. Highlights. **11.20** Public Morals. (MA15+) **12.20** The Last Ship. (M) **1.20** Nine Presents. **1.30** Late Programs.

GO!

6.00 Children's Programs. **11.00** Nexo Knights. (PG) **11.30** Ninjago: Masters Of Spinjitzu. (PG) **12.00** LEGO Friends. **12.30** SpongeBob. **1.00** Sonic Boom. (PG) **1.30** Power Rangers Dino. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Gumball. (PG) **3.30** We Bare Bears. (PG) **4.00** Justice League Unlimited. (PG) **5.00** Thunderbirds Are Go. (PG) **5.30** Movie: The Secret Garden. (G) (1993) **7.30** Movie: Take The Lead. (PG) (2006) **9.50** Movie: Save The Last Dance. (M) (2001) **12.00** Adult Swim. (M) **12.30** The Venture Bros. (MA15+) **1.00** Car SOS. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Tennis. Australian Open. Day 7. **6.00** News. **7.00** Tennis. Australian Open. Night 7. **11.30** The Goldbergs. (PG) Adam makes a mixtape to express his feelings for Dana, only to have it intercepted by Beverly. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. Two couples join forces to start a new life in the heart of wine-growing Victoria. **1.00** Packed To The Rafters. (PG) Julie and Dave struggle to forgive each other. **2.00** Shopping. **3.30** Harry's Practice. Information about pet care. **4.00** NBC Press. Hosted by Chuck Todd. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Tennis. Australian Open. Day 7. **10.00** Inside Volleyball. **10.30** Travel Oz. (PG) **12.00** The Art Of The Architect. **3.00** The Food Trail. **4.00** Annabel Langbein: The Free Range Cook. **4.30** Cook Me The Money. (PG) **5.30** Air Rescue. (PG) **6.00** Tennis. Australian Open. Night 7. **7.00** Border Security: International. (PG) **7.30** Border Security USA. (PG) **8.00** Border Patrol. (PG) **8.30** Escape To The Country. **9.30** The Art Of The Architect. (PG) **10.30** Original Features. **11.30** Storage Hoarders. **12.30** Psychic TV. (M) **3.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Animal Extra. **9.30** St10. (PG) **12.00** Being Me: Sam. (PG) **12.30** Ben's Menu. (PG) **1.00** The Offroad Adventure Show. **2.00** 4x4 Adventures. **3.00** iFish Summer. **4.00** What's Up Down Under. **4.30** Seafood Escape With Andrew Ettingshausen. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Movie: The Best Exotic Marigold Hotel. (PG) (2011) Judi Dench. **9.30** Movie: The Monuments Men. (PG) (2014) George Clooney, Matt Damon. A platoon retrieves artistic masterpieces. **11.50** 48 Hours. (M) **12.50** 48 Hours. (M) **2.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Cricket. Women's Big Bash League. Game 9. Hobart Hurricanes v Melbourne Stars. Replay. **8.30** Cricket. Big Bash League. Game 31. Hobart Hurricanes v Perth Scorchers. Replay. **12.00** Whacked Out Sports. **12.30** Operation Repo. **1.00** Car Torque. **1.30** Car Torque. **2.00** Monster Jam. **3.00** Undercover Boss. **4.00** 4WD Touring Australia. **5.00** Avon Descent. **5.30** iFish Summer. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. **7.30** Numb3rs. **8.30** Tiger: Spy In The Jungle. **9.30** Movie: All Good Things. (MA15+) (2010) **11.35** Moments Of Impact. **12.35** World Sport. **1.05** The Americans. **2.00** RPM: Summer Series. **3.00** Operation Repo. **3.30** Monster Jam. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **10.00** Offsiders: Summer Edition. **10.30** Australia Wide Special. **11.00** Compass. **11.30** Praise. **12.00** A Taste Of Landline. **12.30** Back Roads. (PG) **1.00** Richard Hammond Builds A Universe. Final. **2.00** Soccer. W-League. Round 13. Western Sydney Wanderers v Canberra United. **4.30** To Be Advised. **5.10** Miniseries: Doctor Thorne. (PG) **6.00** Tomorrow When The War Began. (PG) **6.50** Children's Programs. **7.00** ABC News Sunday. **7.40** Grand Designs. (PG) **8.30** Midsomer Murders. (M) **10.00** Movie: Citizenfour. (M) (2014) **11.50** (MA15+) **1.25** Midsomer Murders. (M) **2.55** Movie: Citizenfour. (M) (2014) **4.45** New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **4.10** Miffy's Adventures Big And Small. **4.20** Q Pootle 5. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.00** Shaun The Sheep. **5.30** Get Grubby TV. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Room On The Broom. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** House Of Surrogates. (M) **10.00** Louis Theroux: The Ultra Zionists. (M) **11.00** Prostitution: What's The Harm? (MA15+) **12.00** Make Me Young: Youth Knows No Pain. (M) **1.30** Wild Things With Dom Monaghan. (PG) **2.15** News Update. **2.20** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Liverpool v Swansea. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 16. Cairns Taipans v Illawarra Hawks. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.35** WWII Air Crash Detectives. (PG) **6.30** SBS World News. **7.30** The Great Pyramid. **8.30** Egyptian Vice. **9.20** Terror In Europe. **10.25** End Of The Solar System. **11.25** Operation Grand Canyon With Dan Snow. (PG) **12.35** Inside The Chinese Closet. **1.40** Movie: Castaway On The Moon. (M) (2009) **3.50** The Network. (M) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia. **10.00** WorldWatch. **1.00** VICE News Tonight. **1.30** VICE News Tonight. **2.00** Battle For Money. **3.40** Maternity Leave. (PG) **4.30** VICE. (PG) **5.00** Cyberwar. (PG) **5.25** Balls Deep. (PG) **5.55** Dead Set On Life. (PG) **6.25** Vs Arashi. **7.15** If You Are The One. **8.30** VICE. (M) **9.00** VICE. (M) **9.30** Drunk History. Return. **10.00** (M) **10.55** South Park. (MA15+) **11.20** Noisy. (M) **11.50** Noisy. (M) **12.15** VICE. (M) **12.45** VICE. (M) **1.20** Gay Conversion Therapy. (M) **2.10** Black Market: Dispatches. (M) **2.40** Stoned Moms. (M) **3.05** F*ck That's Delicious. **3.35** 365: Every Day Docos. **3.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** WorldWatch.



MOVIES

6.20pm Philadelphia (1993) Drama. Tom Hanks, Denzel Washington. (PG) Masterpiece **8.30pm** Prometheus (2012) Sci-fi. Noomi Rapace, Michael Fassbender. (M) Action

11.05pm In Bruges (2008) Crime. Colin Farrell, Brendan Gleeson. (MA15+) Masterpiece

7.30pm Let It Shine. (PG) UKTV

8.00pm Fresh Off The Boat. (PG) FOX8

8.30pm Just For Laughs Australia. (MA15+) Comedy Channel

DOCUMENTARY

7.30pm Blowing Up History. (PG) Discovery

7.35pm Matthias Fletzerberger: Piano Recital. Foxtel Arts

SPORT

3.00pm Basketball. NBL. Round 16.

Cairns Taipans v Illawarra Hawks. Fox Sports 3

5.00pm Soccer.

A-League. Round 16. Western Sydney Wanderers v Newcastle Jets. Fox Sports 4

7.30pm Golf. European PGA Tour. Abu Dhabi Championship. Final round. Fox Sports 1

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2201

HOME IRRIGATION SPECIALISTS

Authorised suppliers of:

OPEN 6 DAYS

GRAND OPENING SPECIAL

OUR PRICE \$225
RRP \$355

OFFER EXTENDED TIL 28/1/2017. LIMITED STOCK AVAILABLE. ONE PER CUSTOMER. MUST PRESENT THIS ADVERTISEMENT

0.44KW HOUSEHOLD PRESSURE PUMP (2 YR WARRANTY)

- ✓ PUMPS & PUMP REPAIRS
- ✓ PIPE & FITTINGS
- ✓ AUTOMATIC CONTROLLERS & TAP TIMERS
- ✓ DESIGN DIY or INSTALL

Come and visit our newly revamped store for expert advice from our fully trained and certified irrigation designers

OPEN: M – F 8am – 4.30pm | SAT 8am – 1pm
1967 Anzac Ave, Mango Hill (next to PUMA Servo)
P: 07 3293 1163 | E: admin@projectirrigation.com.au

Happy New Year

4/25 Discovery Drive
North Lakes
Ph: 3880 6991

26 years experience in the industry

New Year Specials

Jersey's framed from \$290

15% off all other framing on presentation of this advertisement

Brisbane Rugby Tens

14 OF THE BEST RUGBY TEAMS ON THE PLANET AND THE GAME'S BIGGEST STARS ARE ABOUT TO STORM BRISBANE

Rugby superstar Israel Folau is counting the days until the biggest rugby event ever to hit Queensland. Folau, who will play for the Waratahs in the inaugural tournament over February 11 and 12 at Suncorp Stadium, grew up in Brisbane.

"Growing up here [in Brisbane] and having some great memories – especially of Suncorp Stadium – for me it will be pretty special to run out in front of a great crowd and play against some of the world's best players," Folau said.

"We're expecting fans to dress up and be vocal and make some noise. Not only are [fans] going to be having fun, but it is going to be great for the players as well."

The former Queensland Origin star and AFL player said he was looking forward to trying out rugby Tens for the first time.

"It'll be my first taste of Tens and I

am certainly looking forward to getting out there," Folau said.

"The skill level is going to be very high and you'll see a lot of tries with the space that is going to be available out there."

The 2017 tournament will feature the ten professional Super Rugby franchises from Australia and New Zealand as well as French powerhouse club Toulon, Japan's Panasonic Wild Knights, South Africa's Blue Bulls and the Samoan international team - with over 300 of the best rugby players on the planet on show.

Teams will compete for prize and appearance money totaling \$1.6 million dollars over two action-packed days.

Rachael Carroll, chief executive of tournament founder Duco Australia, said the countdown was well and truly on to what would be the biggest sporting event of the Queensland summer.

"Brisbane is about to come alive for what is a truly international festival of rugby," Ms Carroll said.

"I think people will be surprised by the sheer scale of this event. We've got 14 of the best rugby teams on the planet chocked full of the game's biggest stars all descending upon Brisbane for an entire week. The entertainment on and off the pitch



is sure to exceed expectations – and those expectations are already pretty darn high," she said.

Along with Folau, other stars players to have already confirmed their attendance include All Blacks Israel Dagg (Crusaders), Jerome Kaino and Rene Ranger (Blues) and St George Reds stars Karmichael Hunt and Taniela Tupou and returning legend Chris Latham.

For more info and tickets visit the official Brisbane Global Rugby Tens website www.brisbaneglobaltens.com or <http://www.ticketek.com.au/BrisbaneTens>

FANS WILL BE TREATED TO 28 EXHILARATING TEN-PLAYER-PER-SIDE MATCHUPS WITH TEN MINUTES HALVES IN THE KNOCKOUT TOURNAMENT HELD OVER FEBRUARY 11 AND 12 2017.

Kickstart 2017 with a NEW YOU!

Join Breathe this January and save over \$200!

New Year's resolutions:

- Join Breathe!
- Lose weight
- Eat healthy
- Get fit & feel great

7 DAY PASS

Bring this coupon into Breathe Health Clubs North Lakes for your FREE 7 day trial!

breathe 24/7

Ph 3385 0535

Unit 1, North Lakes Drive, North Lakes

www.breathehealthclubs.com.au

NORTH LAKES COUNSELLING SERVICES

www.northlakescounsellingservices.com.au

- Relationship Counselling,
- Personal Counselling,
- Grief and Loss Counselling,
- Qualified Trainer and Assessor for students of Counselling,
- Employment Coaching - Resume and Selection Criteria,
- Job Search Skills and Job Interview Coaching,
- Qualified Training and Workshop Provider.

Move towards a better future

For confidential appointments
Phone **3886 2715** or
Mobile **0423 653 841**

Leonie's Relationship Intensive Care is available as both a hard copy and eBook from her website or Dymocks North Lakes.

Catch Leonie's radio show alternate Mondays at 11.00am on **99.7FM**

LEONIE SCHILLING

NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Big Girls Don't Cry... They Get Even. (PG) (1992) Griffin Dunne, Dan Futterman. A girl runs away from home. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Lethal Weapon 3. (M) (1992) Mel Gibson, Danny Glover, Joe Pesci, Rene Russo. Two mismatched cops try to catch a crooked former policeman who is running an arms racket. **11.00** CSI: Crime Scene Investigation. (M) **12.00** Rizzoli & Isles. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** My Surf TV. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Movie: Yo-Kai Watch: The Movie. (PG) (2014) Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.00** Top Gear. (PG) **9.30** Movie: Sabotage. (MA15+) (2014) **11.30** Two And A Half Men. (PG) **12.00** Undateable. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Movie: Yo-Kai Watch: The Movie. (PG) (2014) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 8. **6.00** News. **7.00** Tennis. Australian Open. Night 8. **11.30** The Goldbergs. (PG) Adam auditions for the lead role in the school musical, Jesus Christ Superstar. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. (PG) Things heat up for two couples in country Victoria. Paul breaks his hand in a fit of temper. **1.00** Packed To The Rafters. (PG) Ben decides it is time to move on from Mel and start the next chapter in his life with Emma. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Australian Open: Highlights. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** The Zoo. **12.00** Dr Oz. (PG) **1.00** The Food Trail. **2.00** Cook Me The Money. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 8. **7.00** Nabbed. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Foyle's War. (M) **10.30** Air Crash Investigation. (PG) **11.30** Tennis. 2007 Australian Open. Quarter-final. Serena Williams v Shahar Peer. Replay. **2.00** Nabbed. (PG) **2.30** Auction Squad. **3.30** Dr Oz. (PG) **4.30** The Food Trail. **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud: Sunday. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** All-Star Family Feud. (PG) Hosted by Grant Denyer. **8.30** Movie: Star Trek Into Darkness. (M) (2013) Chris Pine, Zachary Quinto, Zoe Saldana. The Enterprise deals with a terrorist. **11.05** The Project. **12.05** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Game 32. Melbourne Stars v Sydney Sixers. Replay. From the MCG. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: Under Siege 2. (M) (1995) Steven Seagal, Eric Bogosian, Katherine Heigl. **10.35** The Crazy Ones. (M) **11.35** Diagnosis Murder. (M) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Diagnosis Murder. (M) **4.00** Jake And The Fatman. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Australian Story. **11.00** Tractor Monkeys. **11.30** From The Heart. Final. **12.00** News At Noon. **1.00** Grand Designs. (PG) **2.00** The School. (M) **3.00** The Cook And The Chef. **3.30** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** ABC News: Early Edition. **5.30** Tony Robinson's Time Walks. **6.00** QI. **6.30** The Checkout. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. **8.30** Four Corners. **9.20** Fake Or Fortune? **10.25** Revolution School. (PG) **11.25** Golf. PGA Tour. CareerBuilder Challenge. Highlights. From Stadium Course, La Quinta, California. **12.20** Rage. (MA15+) **3.30** Four Corners. **4.15** Tony Robinson's Time Walks. **4.45** The New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Louis Theroux: Miami Mega Jail. (M) **9.30** Reggie Yates: Inside The Billionaire's Wardrobe. (MA15+) **10.30** Raw Nerve. (M) **10.40** Peep Show. (M) **11.05** House Of Surrogates. (M) **12.35** Make Me Young: Youth Knows No Pain. (M) **2.05** Peep Show. (M) **2.25** News Update. **2.30** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Magic Of The Movies. **3.00** Hidden Killers Of The Edwardian Home. (PG) **4.00** Dogs: Their Secret Lives. **4.55** Living Black. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. (PG) **8.30** Simon Reeve's Caribbean. (M) **9.35** Undressed. **10.05** Undressed. **10.40** SBS News. **11.10** The World Game. **11.40** Spiral. (MA15+) **12.40** Spiral. (M) **1.40** Mad Men. (M) **2.35** Mad Men. (M) **3.30** Mad Men. (PG) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **3.00** Bangla News. **3.30** Romanian News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** VICE. (M) **5.40** If You Are The One. **6.40** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.35** The Feed. **8.00** Travel Man. **8.30** F*ck That's Delicious. **9.00** Dead Set On Life. Return. **9.25** Movie: The Assassin. (PG) (2015) **11.20** Camel Beauty Pageant. (M) **11.50** The Last Lesbian Bars. (PG) **12.15** VICE News Tonight. **12.40** The Feed. **1.05** F*ck That's Delicious. **1.30** Dead Set On Life. **2.00** Camel Beauty Pageant. (M) **2.25** The Last Lesbian Bars. (PG) **2.55** 365: Every Day Docos. **3.00** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.50pm The Boy In The Striped Pajamas (2008) War. Asa Butterfield, David Thewlis, Vera Farmiga. (M) Masterpiece
8.30pm A Beautiful Mind (2001) Biographical. Russell Crowe, Jennifer Connelly, Paul Bettany. (M) Masterpiece
10.15pm Runaway Bride (1999) Romance. Julia Roberts, Richard Gere, Joan Cusack. (PG) Romance
GENERAL
7.30pm American Pickers. (PG) A&E
8.30pm New Tricks. (M) UKTV
9.30pm Motorway Patrol. (PG) FOX8
DOCUMENTARY
7.30pm Coast Australia. (PG) History
8.30pm Snapped: Killer Couples. (M) Crime & Investigation
9.00pm Bringing Up Bates. (PG) TLC
SPORT
6.00pm Rewind: Aussie Victories. Fox Sports 2
7.30pm Golf. USPGA Tour. CareerBuilder Challenge. Final round. Fox Sports 1
9.00pm Cycling. Six-Day Track Championship. Day 4. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2301



If you can dream it,
I can send you there



Cei Creighton | Mobile Travel Agent
0410 465 205 | ccreighton.mtatravel.com.au



I just found
Termites...
What next?



A homeowner's worst nightmare comes to life when they accidentally stick their hand through a windowsill, skirting board or doorframe and find live termites. Not knowing what to do, most people panic and often spray the termites with fly spray or other household products. However most homeowners' don't realise this is the complete opposite of what they should do.

Although it may seem hard to just walk away, this is exactly what Sandgate Pest Control recommends. If the area continues to be disturbed the termites will flee the immediate vicinity, making identification and treatment difficult.

If you call Sandgate Pest Control, they will send out a technician free of charge, who will assess the area and advise you of the appropriate treatment.

If you suspect termites, or have questions about termite protection, call Sandgate Pest Control for some free advice.



Ph 3269 6198
admin@sandgatepest.com.au
www.sandgatepest.com.au

BSA 108 7905

NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Paper Moon. (PG) (1973) Ryan O'Neal, Tatum O'Neal. A con man meets his match. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Animals Unexpected. **8.40** Movie: Cast Away. (M) (2000) Tom Hanks, Helen Hunt, Nick Searcy. A workaholic executive is stranded on a deserted tropical island after a plane crash. **11.35** Mom. (M) **12.05** 20/20. **1.00** Extra. **1.30** Danzo Direct. **2.00** The Gurus Explore Canada. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Movie: 3 Days To Kill. (M) (2014) **10.50** Two And A Half Men. (PG) **11.20** South Beach Tow. (M) **11.50** Undateable. (M) **12.15** Sonic Boom. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 9. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 9. Quarter-finals. **11.30** The Goldbergs. (PG) The upcoming nuptials of Prince Charles and Diana inspire Beverly to plan her own vow renewal. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. Hosted by John Howard. **1.00** Grey's Anatomy. (M) Aware Derek might never operate again, Meredith stops talking about the surgeries she's performing. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. News, sport and weather.

7TWO

6.00 Shopping. (PG) **7.00** It's Academic. **7.30** Hair Legs. **8.00** Australian Open: Highlights. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Air Crash Investigation. (PG) **2.00** Mr Selfridge. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 9. Quarter-finals. **7.00** Nabbed. (PG) **7.30** Britain's Spending Secrets. (PG) **8.30** Endeavour. (M) **10.30** I Shouldn't Be Alive. (PG) **11.30** Tennis. 2005 Australian Open. Men's singles. Semi-final. Lleyton Hewitt v Andy Roddick. Replay. **2.00** Nabbed. (PG) **2.30** Auction Squad. **3.30** Dr Oz. (PG) **4.30** Mr Selfridge. (PG) **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCB. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. First semi-final. **10.10** NCIS: New Orleans. (M) A US Navy culinary specialist is the target of a bombing while visiting her family's restaurant in the French Quarter. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM: Summer Series. **9.00** A Taste Of Travel. (PG) **9.30** Merv Hughes Fishing. (PG) Final. **10.00** Fishing Edge. **11.00** Moments Of Impact. (PG) **12.00** Hogan's Heroes. **12.30** The Biggest Loser USA. (PG) **1.30** Cricket. Women's Big Bash League. First semi-final. **5.00** World Sport. **5.30** M*A*S*H. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. First semi-final. Hosted by Roz Kelly and Mark Howard, with commentary from Ricky Ponting and Damien Fleming. **7.30** 48 Hours. **8.30** 48 Hours. (M) **10.30** Backstrom. **11.30** Gang Related. (MA15+) **12.30** Home Shopping. **2.00** Cricket. Women's Big Bash League. First semi-final. Replay. **5.30** World Sport.

ABC

6.00 News. **9.00** News Mornings. **10.00** One Plus One. **10.30** Australian Story. Final. **11.00** Tractor Monkeys. **11.30** Auction Room. **12.00** News. **1.00** Fake Or Fortune? **2.00** The School. (M) **3.00** The Cook And The Chef. **3.25** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. **6.30** The Checkout. **7.00** News. **7.30** 7.30. **8.00** Outback ER. (PG) **8.30** Stephen Fry In Central America. (PG) **9.20** Joanna Lumley's Trans-Siberian Adventure. **10.10** Redesign My Brain With Todd Sampson. (M) **11.10** Call The Midwife. (M) **12.10** Soccer. W-League. Round 13. Western Sydney Wanderers v Canberra United. Replay. **2.25** Joanna Lumley's Trans-Siberian Adventure. **3.15** Late Programs.

ABC2

6.00 Children's Programs. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) Final. **8.30** Tattoo Disasters UK. (PG) **9.15** Hard Time. (M) **10.00** Archer. (M) **10.20** Peep Show. (M) **10.45** Reggie Yates: Inside The Billionaire's Wardrobe. (MA15+) **11.45** All Creatures Great And Stuffed. (PG) **12.35** Strippers. (M) **1.25** Peep Show. (M) **1.50** News Update. **1.55** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Notre Dame De Paris. **3.35** How To Clone A Woolly Mammoth. (PG) **4.35** Music For Elephants. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Riding Britain's Railways. **8.30** My Brain Made Me Do It. (PG) **9.30** One Born Every Minute. (M) **10.30** SBS News. **11.00** Spring Tide. (MA15+) **11.50** Spring Tide. (M) **12.40** Movie: Agent Hamilton. (MA15+) (2012) **2.40** 24 Hours In Emergency. (M) **3.30** 24 Hours In Police Custody. (M) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** The Feed. **5.30** If You Are The One. **6.35** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.35** The Feed. **8.05** Adam Ruins Everything. (PG) **8.30** Gaycation. **9.20** Big Night Out. New. **10.10** Movie: Hedwig And The Angry Inch. (MA15+) (2001) **11.50** VICE News Tonight. **12.20** The Feed. **12.45** Gaycation. **1.35** Gay Conversion Therapy. (M) **2.30** 365: Every Day Docs. (PG) **2.35** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Spy (2015) Comedy. Melissa McCarthy, Rose Byrne, Jason Statham. (MA15+) Comedy
8.30pm Carol (2015) Drama. Cate Blanchett, Rooney Mara, Sarah Paulson. (M) Premiere
10.35pm Jurassic World (2015) Action. Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio. (M) Premiere
GENERAL
8.30pm Alone. (PG) A&E
8.30pm Baskets. (M) Comedy Movie
9.30pm Braquo. (MA15+) Showcase
DOCUMENTARY
7.30pm China's Emperor Of Evil. (PG) History
8.30pm Air Crash Investigation. (PG) National Geographic
9.30pm Selling Houses With Amanda Lamb. (PG) Lifestyle Home
SPORT
7.15pm Alpine Skiing. World Cup. Women's Giant Slalom. First leg. Eurosport
8.30pm NBA: The Jump. ESPN
11.30pm Volleyball. Men's CEV Champions League. Group Stage. Day 5. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2401



Japanese Lessons

o-ha-yo-o (good morning)

Learn from an experienced native teacher
Girls and ladies of all ages

Email me for more information

Noriko: nfev@bigpond.com

TEAMWORK DOG OBEDIENCE



BASIC OBEDIENCE
PUPPY SCHOOL
PROBLEM SOLVING

PHONE 0407 761 201

www.teamworkdogs.com.au

Netball

www.redcliffe.qld.netball.com.au



OPEN DAY

10am - 12pm

SATURDAY 4th FEBRUARY 2017

Redcliffe Leagues Netball Association, KR Benson Park, Maine Road, Clontarf



- All skill levels welcome
- Ages 5 and up



2017 Registrations Open Online at

www.redcliffe.qld.netball.com.au



NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: My Week With Marilyn. (PG) (2011) Michelle Williams, Eddie Redmayne, Kenneth Branagh. A man befriends Marilyn Monroe. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** 20 To One. (PG) **9.30** Chicago Med. (M) **10.30** Embarrassing Bodies Down Under. (MA15+) **11.30** Murder In The First. (M) **11.30** Anger Management. (M) **1.00** Extra. **1.30** Danzo Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** BattleBots. (PG) **8.30** Airplane Repo. (PG) **9.30** Movie: National Lampoon's Loaded Weapon. (PG) (1993) **11.10** Two And A Half Men. (PG) **12.05** Container Wars. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 10. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 10. Quarter-finals. **11.30** Autopsy. (MA15+) Dr Richard Shepherd examines evidence from the autopsy of former Playboy pin-up, Anna Nicole Smith. **12.30** The Real Seachange. Final. Suzy and her daughters find themselves struggling with their new life in tropical Queensland. **1.00** Formal Wars. (PG) Jessie has been tormented by bullies, so her mother sees her big night as a chance to rebuild her confidence. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. News, sport and weather.

7TWO

6.00 Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Australian Open: Highlights. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** I Shouldn't Be Alive. (PG) **2.00** The Art Of The Architect. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 10. Quarter-finals. **7.00** Nabbed. (PG) **7.30** Jonathan Creek. (M) **8.30** Inspector Morse. (M) **10.30** I Shouldn't Be Alive. (PG) **11.30** Tennis. 2005 Australian Open. Quarter-final. Lindsay Davenport v Alicia Molik. Replay. **2.00** Late Programs. **3.00** The World Around Us. **4.00** Late Programs. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Second semi-final. **10.10** Hawaii Five-0. (M) The squad discovers a link to terrorism while investigating the murder of a pool cleaner. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. First semi-final. Replay. Hosted by Roz Kelly and Mark Howard, with commentary from Ricky Ponting and Damien Fleming. **12.00** Hogan's Heroes. **1.00** Get Smart. (PG) **1.30** Cricket. Women's Big Bash League. Second semi-final. **5.00** World Sport. **5.30** M*A*S*H. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Second semi-final. Hosted by Mark Howard, with commentary from Adam Gilchrist and Mark Waugh. **7.30** Attenborough's The Life Of Mammals. **8.30** Movie: The A-Team. (M) (2010) Liam Neeson, Jessica Biel, Bradley Cooper, Sharlto Copley. **11.00** Backstrom. **12.00** Home Shopping. **2.00** Cricket. Women's Big Bash League. Second semi-final. Replay. **5.30** Late Programs.

ABC

6.00 News. **9.00** News Mornings. **10.00** One Plus One. **10.30** Catalyst. **11.00** Tractor Monkeys. (PG) **11.30** Auction Room. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** The Book Club. (PG) **2.00** Stephen Fry In Central America. (PG) **3.00** The Cook And The Chef. **3.25** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. **6.30** The Checkout. **7.00** ABC News. **7.30** Australian Of The Year. **9.00** The 2016 Pub Quiz. (PG) **10.10** Wham Bam Thank You Ma'am. (M) **10.35** Fancy Boy. (M) **11.05** The Agony Of... (M) **11.35** The Weekly With Charlie Pickering. (M) **12.10** Rage. (MA15+) **4.15** Tony Robinson's Time Walks. (PG) **4.45** The New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** Kazoobs! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** It's A Date. (M) **8.30** Movie: The Reef. (M) (2010) **9.55** Peep Show. (M) **10.20** Movie: Black Water. (MA15+) (2007) **11.45** Tattoo Disasters UK. (PG) **12.30** Catfish: The TV Show. (M) **1.15** Peep Show. (M) **1.40** News Update. **1.45** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **3.00** James Cameron's Deep Sea Challenge. (PG) **4.35** Ray Mears' Close Encounters. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Chinese New Year: Biggest Celebration. **8.30** Shaun Micallef's Stairway To Heaven. (PG) **9.35** Vikings. **10.30** Trapped. (MA15+) **11.30** SBS News. **11.45** Movie: 8 Assassins. (2014) **1.40** Movie: Heart Of A Lion. (MA15+) (2013) **3.25** One Born Every Minute: What Happened Next? (M) **4.20** Food Lover's Guide. **4.55** Gourmet Farmer Afloat Bitesize. **5.00** CCTV English News. **5.30** Sunrise Ceremony.

SBS VLND

6.00 WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** The Feed. **5.35** If You Are The One. **6.35** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.30** The Feed. **8.05** Brooklyn Nine-Nine. **8.30** Weediquette. (M) **9.00** Weediquette. Final. **9.25** Movie: Mary Shelley's Frankenstein. (M) (1994) **11.40** Road To Mosul. **12.30** VICE News Tonight. **1.00** The Feed. **1.30** Weediquette. (M) **2.00** Weediquette. **2.25** Road To Mosul. **3.20** 365: Every Day Docs. (PG) **3.25** France 24 English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm America's Sweethearts (2001) Comedy. Billy Crystal, Catherine Zeta-Jones, Julia Roberts. (M) *Romance*
8.30pm Hair, Caesar! (2016) Comedy. Josh Brolin, George Clooney. (PG) *Premiere*
10.10pm Australia (2008) Drama. Nicole Kidman, Hugh Jackman. (M) *Romance*
GENERAL
8.30pm Forged In Fire. (PG) *A&E*
9.30pm Brooklyn Nine-Nine. (M) *Universal Channel*
10.30pm The Tonight Show Starring Jimmy Fallon. (M) *E!*
DOCUMENTARY
7.30pm The Story Of China. (PG) *History*
7.35pm Six By Sundheim. (PG) *Foxtel Arts*
9.30pm Hunting Hitler. (PG) *History*
SPORT
7.00pm Volleyball. Australian League. Women's Gold Medal Match. *Fox Sports 4*
8.30pm Basketball. College. Southeastern Conference. Tennessee v Kentucky. *ESPN2*
10.00pm Mike And Mike. *ESPN2*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2501

NORTH LAKES BUSINESS PARK

Calling all NISSAN OWNERS!

NEWS FLASH
WE ALSO DO PROTON LOG BOOK SERVICING

MAXXIS
The best change you'll ever make

- We fit Maxxis tyres
- Special Discount applies when mentioning this ad
- Hyundai Car Log Book Servicing

1/30 Flinder's Parade, North Lakes
Ph 3010 8535

FUTURE
Auto Service Centres
'Down to Earth Mechanics'

The **FUTURE** in Car Servicing

PERSONAL TRAINING | FEMALE TRAINER
PERSONAL GYM | PERSONAL ATTENTION

“SUCCESS COMES EASY” SAID NO ONE EVER

CALL 0421 469 025 or EMAIL tiffinee@live.com

NO JOINING FEES • NO CONTRACTS • AFFORDABLE RATES

NINE

6.00 Today. **10.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Extra. **12.30** Cricket. One Day International Series. Australia v Pakistan. Game 5. Afternoon session. **5.00** Hot Seat. **5.30** Cricket. One Day International Series. Australia v Pakistan. Game 5. Evening session. **6.00** Nine News. **6.30** Cricket. One Day International Series. Australia v Pakistan. Game 5. Evening Session. Continued. **9.20** Movie: Rush Hour 3. (M) (2007) Jackie Chan, Chris Tucker. Lee has a connection with the underworld. **11.20** The Mysteries Of Laura. (M) **12.20** Anger Management. (M) **12.50** Extra. **1.20** Nine Presents. **1.30** TV Shop. **2.00** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Kevin Can Wait. (PG) **8.00** Two And A Half Men. (M) **8.30** Movie: Red Dog. (PG) (2011) Toy Hunter. **11.45** Sonic Boom. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** Tennis. Australian Open. Day 11. Women's singles semi-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 11. Men's singles semi-final and Magic Moments exhibition match. **11.30** The Goldbergs. (PG) Adam inadvertently gets Barry kicked out of the "cool group" at school. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** Bringing Sexy Back. (PG) Meet Australians undergoing the "ultimate" makeover, including former swimsuit model and mother of four, Paula. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. (PG) **7.00** It's Academic. **7.30** Hair Legs. **8.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 11. Women's singles semi-finals. **10.00** NBC Today. **12.00** Dr Oz. (PG) **1.00** I Shouldn't Be Alive. (PG) **2.00** The Art Of The Architect. Final. **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 11. Men's singles semi-final and Magic Moments exhibition match. **7.00** Nabbed. (PG) **7.30** Some Mothers Do 'Ave 'Em. (PG) **8.30** Murdoch Mysteries. (M) **10.30** Suspects. (M) **11.30** 60 Minute Makeover. (PG) **12.30** Psychic TV. (M) **1.30** Dr Oz. (PG) **4.50** Auction Squad. **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australia Day Concert. From the Sydney Opera House. **9.45** Law & Order: SVU. (M) A rape case involving two high school students challenges the detectives, as they work to protect the futures of the teenagers. **10.45** Blue Bloods. (M) **11.45** The Project. **12.45** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Second semi-final. Replay. Hosted by Mark Howard, with commentary from Adam Gilchrist and Mark Waugh. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** Get Smart. (PG) **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Moments Of Impact. (PG) **8.30** Movie: Tracks. (M) (2013) Mia Wasikowska, Adam Driver. **11.00** Undercover Boss. (PG) **12.00** Epic Meal Empire. (PG) **12.30** Home Shopping. **2.00** Bellator MMA. (M) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australia Day: Flag Raising And Citizenship Ceremony. **11.10** News Mornings. **12.00** ABC News At Noon. **1.00** Australian Of The Year. **2.30** To Be Advised. **3.00** The Cook And The Chef. **3.25** Movie: Cliffs. (PG) (2013) **5.00** News. **5.30** Tony Robinson's Time Walks. **6.00** QI. (PG) **6.30** The Checkout. **7.00** News. **7.30** 7.30. **8.00** Would I Lie To You? (PG) **8.30** Crowded House Live At Sydney Opera House. (PG) **11.00** No Offence. (MA15+) Final. **11.50** Call The Midwife. (PG) **12.50** Would I Lie To You? (PG) **1.25** The 2016 Pub Quiz. (PG) **1.35** Golf. PGA Tour. CareerBuilder Challenge. Highlights. **3.30** No Offence. (MA15+) Final. **4.15** Tony Robinson's Time Walks. **4.45** New Inventors. **5.15** Pointless. Final.

ABC2

6.00 Children's Programs. **5.15** Hey Duggee. **5.25** Kazoos! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** It's A Date. (M) **8.30** Lost In Pronunciation. (M) **8.35** Gruen XL. (M) **9.20** Black Books. (PG) **9.45** Red Dwarf. (M) **10.20** Maximum Choppage. (PG) **10.50** Peep Show. (M) **11.15** Comedy Next Gen. (MA15+) **12.15** Movie: The Reef. (M) (2010) **1.40** Peep Show. (M) **2.05** News Update. **2.10** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **1.55** Obama: Eight Years Of Power. (PG) **3.00** Living Black. **3.30** Nobel Peace Prize Concert 2016. **4.30** Nazis In The CIA. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Destination Flavour Singapore. **8.35** Royal Gardens On A Plate. **9.35** Midnight Sun. **10.40** Midnight Sun. **11.40** SBS News. **12.05** Magnifica 70. (M) **1.05** Movie: We Have A Pope. (M) (2011) **3.00** 14 Dianas Of The Great War. (PG) **4.00** Coasts Of Ireland. **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** The Feed. **5.35** If You Are The One. **6.40** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.30** The Feed. **8.00** Full Frontal. (M) **8.30** Black Market: Dispatches. (M) **8.55** Teen Exorcist. (M) **9.25** Movie: REC 3: Genesis. (MA15+) (2012) **10.55** VICE News Tonight. **11.25** The Feed. **11.55** Black Market: Dispatches. (M) **12.25** Teen Exorcist. (M) **12.55** Road To Mosul. **1.45** VICE. (M) **2.15** 365: Every Day Docos. **2.20** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.00pm Hotel Transylvania 2 (2015) Animation. Adam Sandler, Selena Gomez, Andy Samberg. (PG) **Family** **8.30pm Deadpool** (2016) Action. Ryan Reynolds, Morena Baccarin, T.J. Miller. (MA15+) **Premiere** **11.55pm Unfinished Business** (2015) Comedy. Vince Vaughn, Dave Franco. (MA15+) **Comedy**

GENERAL

7.50pm EastEnders. (PG) **UKTV** **8.30pm Vikings**. (MA15+) **FX** **9.30pm State Of Affairs**. (M) **Universal Channel**

DOCUMENTARY

7.30pm Conspiracy. (PG) **History** **8.30pm Grand Designs: House Of The Year**. *Lifestyle* **9.30pm World's Deadliest Drivers**. (PG) **Discovery Turbo** **SPORT**

5.30pm Golf. European PGA Tour. Qatar Masters. First round. **Fox Sports 1** **5.30pm Basketball**. NBL. Round 17. New Zealand Breakers v Cairns Taipans. **Fox Sports 3** **7.50pm Soccer**. A-League. Round 16. Melbourne Victory v Sydney FC. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2601

Advertisement

North Lakes Optometry News

North Lakes is continuously changing and North Lakes Optometry is no exception! Over ten years serving the communities of North Lakes and surrounding suburbs means we know you are busy and so we strive to make your interactions with our business smooth and easy!

Website

We recently redeveloped our website - www.northlakesoptometry.com.au Our new website is packed with information about North Lakes Optometry - our staff, our services, and our approach to Primary Eye Care. It also contains a lot of information about eyes and vision - why you should have your eyes checked regularly and the sort of things that can happen to your eyes during your lifetime. Check out the Blog for some more in-depth articles!

It is now possible to request an appointment via our website. Just enter your appointment requesting a day and time - we'll get back to you to confirm!

Facebook Page

You can also find us on Facebook. News and notices are posted regularly.

Car Park Boomgate

Regular visitors to 12 North Lakes Drive will know that there is now a boomgate at the entrance and exit to the car park at the back of our building (access via Little Burke Street). This arrangement is to ensure that visitors to our building have convenient parking. Approach the entry barrier and it will automatically lift up to let allow your vehicle in. During your visit to the building you will be given the PIN number which allows you to exit the car park. This number is changed regularly.

Dr Simon Little is a therapeutically endorsed optometrist. He owns and operates North Lakes Optometry, the only 100% Optometrist-owned Optometry Practice in North Lakes. Located at 4/12 North Lakes Drive (diagonally opposite the St George Bank). Parking available behind the building; phone 3491 6786. www.northlakesoptometry.com.au

north lakes
o p t o m e t r y



Individually Tailored EyeCare



Screening for all Eye Conditions -
including Macula - Diabetic -
Glaucoma - Cataract



Treatment for Eye Infections, Dry
Eyes, Allergy Eyes, etc



Premium Quality Spectacle Frames
& Lenses



Contact Lenses



north lakes
o p t o m e t r y



Dr Simon Little

PhD MSc (Optom) GradCertOchTher

www.northlakesoptometry.com.au

Opposite the St George Bank - 4/12 North Lakes Drive, North Lakes

3491 6786

NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: My Fellow Americans. (PG) (1996) Jack Lemmon. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Stop, Search, Seize. (PG) **8.30** Movie: Lethal Weapon 4. (M) (1998) Mel Gibson, Danny Glover, Jet Li. Two jaded Los Angeles detectives are assigned to capture a Chinese gangster working for the Triads. **11.10** Movie: Blown Away. (M) (1994) Jeff Bridges, Tommy Lee Jones, Lloyd Bridges. A bomber terrorises Boston. **1.30** TV Shop. **2.00** Great Getaways. (PG) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.00** Steven Universe. (PG) **12.30** Clarence. (PG) **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: Return To Nim's Island. (G) (2013) **7.45** Movie: Valiant. (G) (2005) **9.15** Movie: The Animal. (M) (2001) **11.00** Mike & Molly. (PG) **12.00** Car SOS. (PG) **1.00** Thunderbirds Are Go. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** To Be Advised. **10.30** Dr Oz. (PG) **11.30** News. **12.00** Movie: Flirting With Forty. (PG) (2008) **2.00** Tennis. Australian Open. Day 12. Mixed doubles semi-final and women's doubles final. **4.30** News. **5.00** The Chase Australia. **6.00** News. **7.00** Tennis. Australian Open. Night 12. Men's singles semi-final. **9.30** Movie: Centurion. (MA15+) (2010) Michael Fassbender, Andreas Wisniewski, Dominic West. Roman soldiers fight for their lives. **11.35** The Goldbergs. (PG) Pops moves in with the Goldbergs. **12.05** The Goldbergs. (PG) Beverly gets a teacher fired. **12.35** Formal Wars. (PG) Final. Hosted by Melanie Vallejo. **1.30** Harry's Practice. **2.00** Shopping. **4.00** Dr Oz. (PG) **5.00** NBC Today.

7TWO

6.00 Shopping. (PG) **7.00** It's Academic. **7.30** Hairly Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** The Great Outdoors. **2.00** The Real Seachange. **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Tennis. Australian Open. Day 12. Mixed doubles semi-final and women's doubles final. **7.00** Nabbed. (PG) **7.30** The Passenger Who Landed A Plane. (PG) A look at the story of John Wiley. **8.30** Escape To The Country. Jules Hudson heads to Carmarthenshire. **10.30** Before And After. **11.00** Storage Hoarders. **12.00** Auction Squad. **1.00** Psychic TV. (M) **4.00** Dr Oz. (PG) **5.00** Harry's Practice. **5.30** Shopping. (PG)

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room: Summer Edition. (PG) **8.30** The Graham Norton Show. (M) Guests include Carrie Fisher, Grayson Perry, Sandi Toksvig and Nadiya Hussain. **9.30** The 2016 Montreal Comedy Festival. (M) Hosted by Joel Creasey. **11.00** The Project. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping.

ONE

6.00 Home Shopping. **8.00** Operation Repo. (PG) **8.30** Reel Action. **9.00** iFish. **10.00** RPM: Summer Series. **11.00** Monster Jam. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** Get Smart. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Highlander. (PG) **11.30** Ripper Street. (MA15+) **12.40** Home Shopping. **2.10** Whacked Out Sports. (PG) **2.30** Hogan's Heroes. **3.00** Walker, Texas Ranger. (M) **4.00** MacGyver. (PG) **5.00** Highlander. (PG)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. **11.00** Tractor Monkeys. (PG) Final. **11.30** Auction Room. **12.00** News At Noon. **1.00** Gardening Australia. **1.30** To Be Advised. **2.00** The School. (M) **2.50** Catalyst Bytes. **3.00** The Cook And The Chef. **3.25** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** ABC News: Early Edition. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. (PG) **6.30** The Checkout. Final. **7.00** ABC News. **7.30** 7.30. **8.00** A Taste Of Landline. **8.30** Vera. (M) **10.00** Julia Zemiro's Home Delivery. (PG) **10.35** Adam Hills: The Last Leg. (MA15+) **11.20** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. Final. **7.15** Little Lunch. Final. **7.30** Spicks And Specks. (PG) **8.00** It's A Date. (M) **8.30** Catfish: The TV Show. **9.10** Secrets Of The Living Dolls. (MA15+) **10.00** Portlandia. (M) **10.25** Penn & Teller: Fool Us. (PG) **11.05** Peep Show. (M) **11.35** Age Gap Love. (PG) **12.00** Movie: Black Water. (MA15+) (2007) **1.45** Hard Time. (M) **2.30** Peep Show. (M) **3.00** News Update. **3.05** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Toby's Travelling Circus. **5.45** The WotWots.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** In The Frame. **2.30** In The Frame. (PG) **3.00** The Point Year In Review 2016. **3.25** Floyd's Fjord Fiesta. **4.00** Thai Street Food. **4.30** What's The Catch With Matthew Evans. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Great British Railway Journeys. **8.40** Movie: X+Y. (M) (2014) **10.45** SBS News. **11.15** Movie: The Skin I Live In. (MA15+) (2011) **1.25** Romanzo Criminale. (MA15+) **2.30** Romanzo Criminale. (MA15+) **3.30** Romanzo Criminale. (MA15+) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

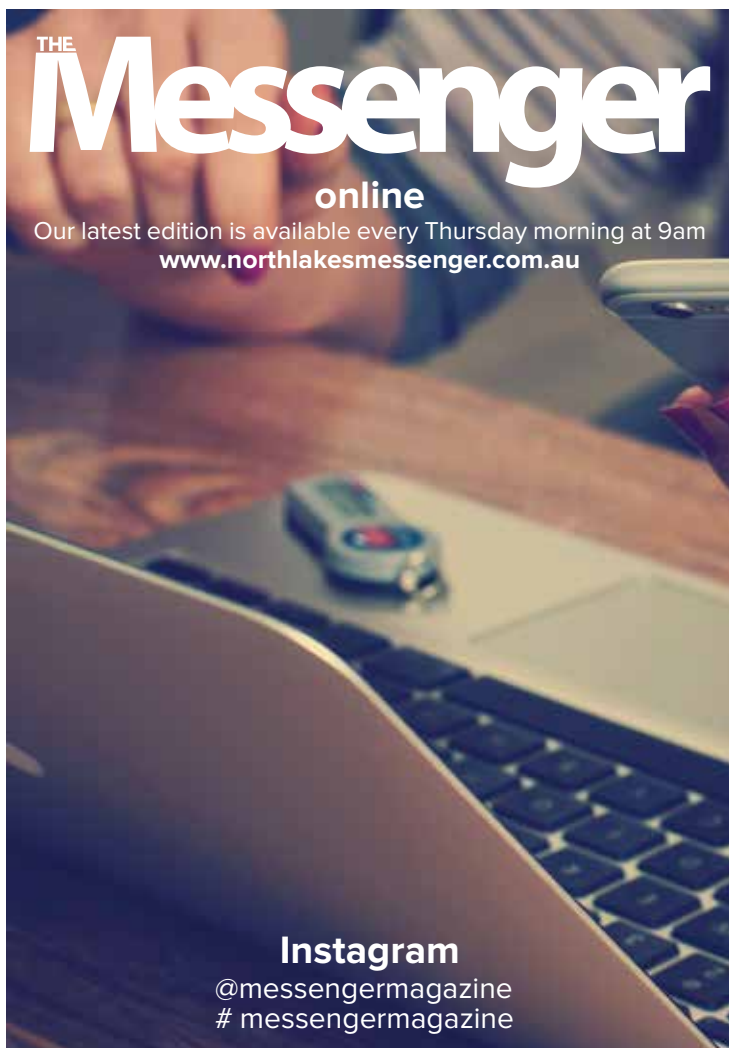
6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** Daria. (PG) **4.30** VICE News Tonight. **5.00** The Feed. **5.30** If You Are The One. **6.30** Soccer. A-League. Round 17. Newcastle Jets v Melbourne City. **9.15** Big Night Out. **10.10** VICE News Tonight. **10.40** Brooklyn Nine-Nine. (PG) **11.10** Movie: Detective Dee And The Mystery Of The Phantom Flame. (M) (2010) **1.25** PopAsia. **2.25** VICE News Tonight. **2.55** VICE. (M) **3.25** VICE. (M) **4.00** 365: Every Day Docs. **4.05** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES
6.05pm Man Of Steel (2013) Action. Henry Cavill, Amy Adams. (M) Action
8.30pm Ant-Man (2015) Action. Paul Rudd, Michael Douglas. (PG) Action
10.25pm Magic Mike XXL (2015) Comedy. Channing Tatum, Joe Manganiello. (MA15+) Romance
GENERAL
8.30pm Rizzoli & Isles. (MA15+) Showcave
8.30pm Sleepy Hollow. (MA15+) FOX8
9.30pm Wahlburgers. (M) Arena
DOCUMENTARY
7.30pm Hair. (PG) Lifestyle You
7.30pm No Asylum: The Untold Chapter Of Anne Frank. (PG) History
9.30pm Supercar Superbuild. (PG) Discovery Turbo
SPORT
7.45pm Soccer. A-League. Round 17. Newcastle Jets v Melbourne City. Fox Sports 4
10.00pm Golf. European PGA Tour. Qatar Masters. Second round. Fox Sports 1
10.00pm Snowboarding. FIS World Cup. Slopestyle. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2701



THE Messenger
online
Our latest edition is available every Thursday morning at 9am
www.northlakesmessenger.com.au

Instagram
@messengermagazine
#messengermagazine



SYBIL'S NAILS
BIO SCULPTURE GEL NAILS
HEALTHY NAILS
100 COLOURS TO CHOOSE FROM THAT DON'T CHIP OR FADE
BOOKINGS ESSENTIAL
Phone Sybil on 3293 1712 or 0415 101 882



Aria BEAUTY+MEDISPA

- ✓ Organic Facials
- ✓ Medical Facials
- ✓ Peels
- ✓ Laser
- ✓ Cellulite
- ✓ Fat Reduction
- ✓ Massage
- ✓ Spa Packages
- ✓ Back Facial
- ✓ Wax/Sugaring
- ✓ SNS Nails
- ✓ Lash Lift
- ✓ Henna Brows
- ✓ Injectables
- ✓ Environ Stockist

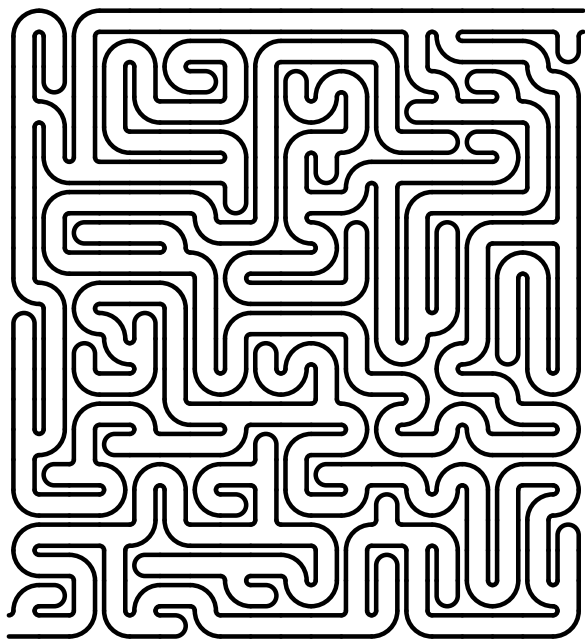
\$10 OFF Any service TUESDAY
30% OFF Waxing & Sugaring WEDNESDAY
\$9 Laser Underarms ANYDAY
20% OFF Any service when 2 people book together.

BY APPOINTMENT MON-SAT Free parking
3886 1233
aria-beautyandmedispa.com.au
1 College St North Lakes

SUDOKU

							2	
		4			3	9		
9		1			8	5		3
	5		6	8		2		
		8		2	7		6	
4		5	8			3		9
		2	3			4		
	8							

AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

L	I	T	E	R	A	L		A	M	O	N	G	S	T	
	N		L		L		C		U		O		H		
M	E	N	U		B	A	R	B	E	R	S	H	O	P	
	R		D		U		E		S		T		D		
S	T	R	E	A	M		M	A	L	L	A	R	D	S	
	I				E		E		I		L		E		
C	A	N	N	O	N	A	D	E		A	G	O	N	Y	
			A				E			I					
S	P	I	T	E		A	M	B	U	L	A	N	C	E	
	I		U		C		E		P				A		
S	C	O	R	P	I	O	N		S	A	R	O	N	G	
	C		A		C		T		U		H		T		
W	O	O	L	G	A	T	H	E	R		Y	E	A	R	
	L		L		D		E		G		M		T		
C	O	P	Y	C	A	T			S	E	V	E	R	A	L

Crossword 6463

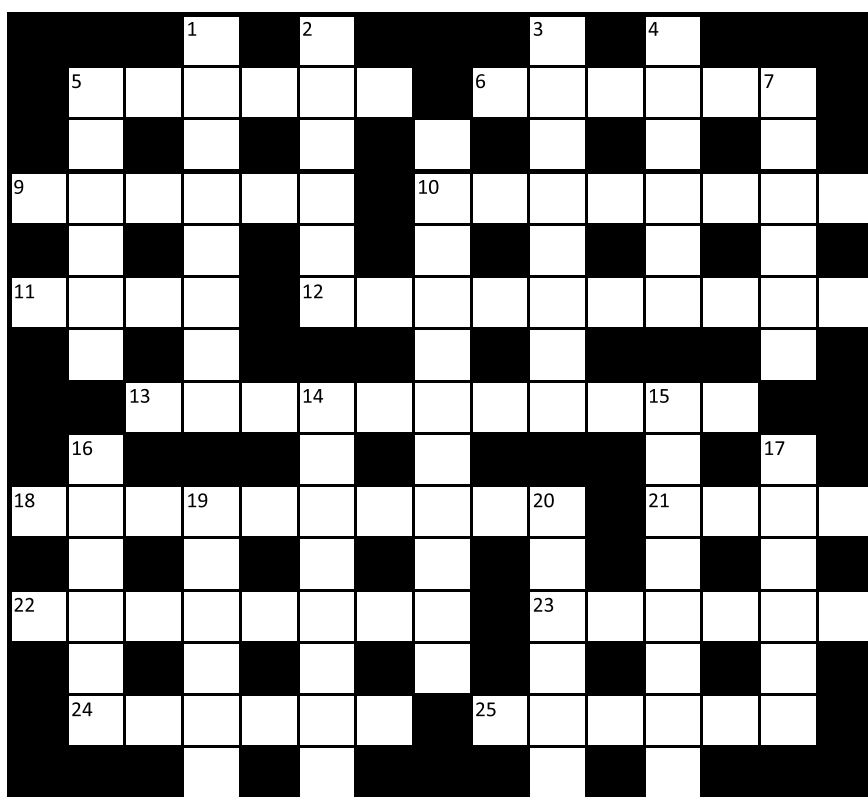
wordification kindly provided Laurie Stibbe

ACROSS

- 5 Filled with astonishment
- 6 Go away (archaic)
- 9 Old world nocturnal canine
- 10 Shell of a tortoise or turtle
- 11 Showy and festive party
- 12 Sufficiently for the pupose
- 13 Time from puberty ro adult
- 18 Extemporaneous
- 21 Osculate
- 22 One present at a meeting
- 23 See with attention
- 24 Spin bowler's delivery
- 25 Ski race around obstacles

DOWN

- 1 Feebleminded
- 2 Objects from real life
- 3 Music played at beginning of opera
- 4 Marionette
- 5 Pineapple
- 7 Fishing rig
- 8 Accoutre,ents
- 14 Relating to to precious stone work
- 15 Informal term for the mouth
- 16 Combined or merged
- 17 Shelter from hardship or danger
- 19 South African antelope
- 20 Work in an amateurish manner



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



What you need to know about the new smoke alarm rules

NEW LAWS REGARDING THE INSTALLATION OF PHOTOELECTRIC SMOKE ALARMS IN ALL QUEENSLAND HOMES CAME INTO EFFECT FROM 1 JANUARY 2017.

CHANGES FOLLOW THE RECOMMENDATIONS HANDED DOWN AFTER THE 2011 SLACKS CREEK FATAL HOUSE FIRE.

Passed in Queensland Parliament in August last year, the smoke alarm legislation was introduced to ensure the State's households are among the safest in the country.

"Smoke alarm laws have been overhauled in a bid to prevent a repeat of the tragic Slacks Creek fire that claimed 11 lives," Minister Ryan said.

"That devastating incident remains Australia's worst fatal house fire and no-one in Queensland will ever forget that dark day.

"This new legislation is an investment in fire safety. It means people will be alerted to house fires as early as possible, giving them the best chance of survival."

Under the new legislation, every Queensland residence will need to be fitted with photoelectric, interconnected smoke alarms in all bedrooms of the home as well as in hallways or between areas containing bedrooms.

Minister Ryan said a 10-year phased rollout of the legislation would give Queenslanders time to ensure they had the right alarms and they were correctly located and installed.

"From 1 January 2017, all smoke alarm installations will need to be fully compliant for new buildings or when significant renovations occur," he said.

"Private dwellings will be required to comply with the full smoke alarm requirements within 10 years and all houses leased or sold will need to meet compliance within five years."

Minister Ryan said any smoke alarm being replaced after 1 January, 2017 must be a photoelectric type alarm.

"When it comes to alerting people early to fires, research supports photoelectric, interconnected smoke alarms as the most effective," he said.

"An interconnected alarm system means that if you are asleep it doesn't matter what part of the house the fire starts in, the alarm in your room will alert you.

"This is a life-saving overhaul to Queensland's smoke alarm systems means we are leading the country with these reforms."

Queensland Fire and Emergency Services (QFES) Commissioner Katarina Carroll said QFES worked closely with the State Government to develop the legislation.

"QFES has long recommended photoelectric, interconnected smoke alarms to be hard-wired into homes and the decision to mandate this in what is the strongest legislation of its kind in the country, will see more Queensland lives saved," Ms Carroll said.

"Although some residents will have up to 10 years to comply with the changes, everyone should take action to update their alarm systems as soon as possible and make sure their new alarms comply with Australian Standard AS3786 for photoelectric smoke alarms.

"Residents are also advised to review their fire escape plans. We want everyone to have the all-important conversation about how your family will escape your home in the event of a fire.

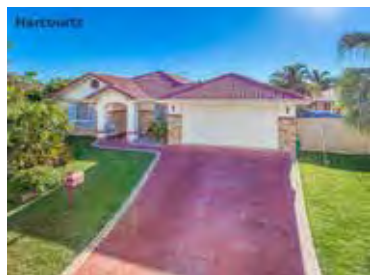
"When a smoke alarm sounds, you need to know what to do. You may have as little as 15 seconds to enact your fire escape plan.

"Talk to your friends, flatmates and neighbours too - it could be the difference between life and death."

QFES has a free Safehome program where Queenslanders can request a visit from local firefighters who will advise them of the best locations for smoke alarms and suggest other fire safety initiatives around the home. To request a Safehome visit call 13QGOV or visit <https://www.qfes.qld.gov.au/community-safety/freeprograms/Pages/safehome.aspx>

More information on the smoke alarm legislation can be found at <https://www.qfes.qld.gov.au/community-safety/smokealarms> and <https://www.qfes.qld.gov.au/community-safety/smokealarms/documents/QFES-InfoSheet-SATypes.pdf>. Further information about fire escape plans can be found at <https://www.qfes.qld.gov.au/fireescape/>

PRIVATE DWELLINGS WILL BE REQUIRED TO COMPLY WITH THE FULL SMOKE ALARM REQUIREMENTS



22 Grampion Circuit, North Lakes

\$580,000

SOLD



39 Markwell Crescent, Mango Hill

\$791,000

SOLD



1/32 Lister Street, North Lakes

\$356,000

SOLD



26 Abercrombie Street, Mango Hill

\$525,000

SOLD



57 Grampion Circuit, North Lakes

\$379,000

SOLD



110 Possum Parade, North Lakes

\$616,000

SOLD

CALL ME

Michelle Wheeler
0438 197 812



For Sale



Kallangur Lot 5 Diamond Avenue

DA Approved 3 Duplex's on Separate Titles

- * 1930m2 vacant block awaiting someone to build 3 duplex's
- * Plans have been submitted and approved by Council
- * Walking distance to Kallangur Train Station
- * Each townhouse could reach \$330,000 - \$350,000

For Sale
\$478,000

Michelle Wheeler
M 0438 197 812

For Sale



North Lakes 57 Southerden Drive

4 2 2

807sqm with Rear Access + Room for a Pool

- * Open plan family & dining room
- * Separate rumpus room
- * Master bedroom with private balcony
- * Large kitchen looking over the living area and out to the yard

For Sale
\$579,000

Michelle Wheeler
M 0438 197 812

Introducing

Naomi Carter

"The new year stands before us like a chapter in a book waiting to be written"

Naomi can assist you with your real estate needs and help you into the next chapter of your book of life!

M 0410 549 479

For Sale



North Lakes 17 Willandra Parade

3  2  2 

A Stylish 3 Bed + Study Home

- * 2 living areas
- * Study that can be converted into a 4th bedroom
- * Open plan Kitchen/Dining/Lounge
- * Ceiling fans throughout
- * Park just across the road
- * Close to Westfield Shops and all it has to offer

For Sale
\$465,000

Open Home
Please call for your private inspection

Rod Sheather
M 0412 745 784



New Years Resolution to Sell Your Home?



North Lakes 64 Kangaroo Street



North Lakes 22 Grampion Circuit



North Lakes 57 Grampion Circuit



North Lakes 1/32 Lister Street



North Lakes 110 Possum Parade



Rothwell 13 Norseman Street



Mango Hill 25 Grassway Street



North Lakes 7 Morwell Crescent



Mango Hill 26 Abercrombie Street



Burpengary 11-13 Scarlet Street



Rothwell 38 Waterlilly Court



Mango Hill 39 Markwell Crescent



Toorbul 47 Carnegie Street



North Lakes 27 Shimao Crescent



North Lakes 10 Sunjoy Place



North Lakes 34 Willandra Parade

Call our office to sell your home today!

3491 7180

QBCC to keep eagle-eye on suspected illegal phoenixing

THE QUEENSLAND BUILDING AND CONSTRUCTION COMMISSION (QBCC) WILL BE KEEPING A WATCHFUL EYE ON SUSPECTED ILLEGAL PHOENIXING ACTIVITY IN THE WAKE OF THE COLLAPSE OF THE BUILDER CULLEN GROUP AUSTRALIA PTY LTD.

Illegal phoenixing is when a company transfers its assets to another company to avoid debt responsibilities. It financially harms employees, contractors and consumers.

Chair of the Queensland Building and Construction Board (QBC) Dick Williams, said that the use of pre-packaged liquidations had become commonplace in the industry and he had instructed the QBCC to maintain a watching brief on any suspected illegal phoenixing.

"We have a situation here where subcontractors and suppliers have been left in the lurch for tens of millions of dollars," Mr Williams said.

"If these hard working people have had their lives and livelihoods put through the wringer as a result of underhanded corporate gamesmanship, then people should be held to account.

"I've sought the Commissioner's assurance that any suspected illegal phoenixing is referred to the appropriate regulatory agency. To that end, he has informed me that the QBCC has already referred allegations of illegal phoenix activity against the Cullen Group to the Australian Securities and Investments Commission (ASIC)".

QBCC Commissioner Brett Bassett said the organisation would provide any assistance required to ASIC.

"The QBCC maintains the register of all licensed builders in Queensland and any person who wishes to apply for a new QBCC licence, will be appropriately scrutinised.

"If people have concerns about phoenixing they should contact the QBCC or ASIC directly," Mr Bassett said.

Mr Williams said that a bunch of



bad apples using underhanded corporate tactics was reflecting badly on what is a strong and important industry.

"I have been around the construction sector for a long time, and the people who build this State are good hard-working people.

"We can't let a minority of people, who think they have licence to behave without basic morals and decency, hurt confidence in this sector.

"The new QBC Board is committed to making sure that construction in Queensland is run in a way that is open, transparent and fair."

The QBCC can be contacted on 139 333, 24 hours a day.

ILLEGAL PHOENIXING IS WHEN A COMPANY TRANSFERS ITS ASSETS TO ANOTHER COMPANY TO AVOID DEBT RESPONSIBILITIES

STEPHEN CROMAR

ACREAGE AND LIFESTYLE PROPERTY

@realty

NINGI'S #1 SELLING AGENT



SOLD



SOLD FOR \$610,000

260 OLD GYMPIE RD, CABOOLTURE

The owner is ecstatic that this property was SOLD prior to listing it live for full price AND we have found the new owner a tenant already @ \$600per week! From this, we now have several interested buyers looking for similar acreage size between Elimbah/ Caboolture to Ningi suitable for horses or trucks. Call now for a no obligation chat!!

SOLD



SOLD FOR \$549,000

33 FRANGIPANI DR, CABOOLTURE

Gorgeous 2 acre property SOLD for full price 2nd week on the market! From this campaign we have an overflow of buyers that missed out and particularly want 2 acres minimum. No less than 6 groups at each open home! and 3 Offers! Call me for the best result! 3/4 arce - 2 arce properties urgently sought from \$400k - \$600k

SOLD



SOLD FOR \$515,000

122 ESPLANADE, TOORBUL

SOLD for \$15,000 over list price. 3 Offers, several inspections and sold within 4 weeks of listing. Fabulous waterfront lifestyle property where the owner had lived in it for 45 years!!! Awesome result, more waterfront & lifestyle homes needed. If you have a unique home to sell, give me a call.

SOLD



SOLD FOR \$649,000

43-45 HERMITAGE PLACE, MORAYFIELD

11 Groups through first open home! SOLD for full price! This magnificent home on 3/4 acre in Excelsior Park went off like a cracker when first listed. Sold same day. Owners were more than happy! More high end homes like this needed.

TESTIMONIAL

Stephen & Carolyn were by far the best agents we have ever worked with. When the first contract fell over 10 days out from settlement Stephen & Carolyn had new buyers there that same afternoon. I can recommend Stephen & Carolyn as a totally professional agents as well as great people.

- J & K Fletcher
Neylon Street Ningi

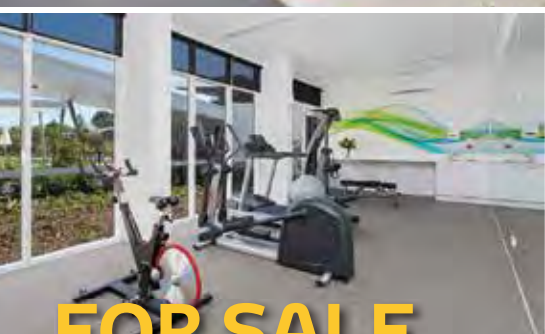
STEPHEN CROMAR

If you are looking for a dedicated, enthusiastic, experienced **Small Acreage & Lifestyle Property Specialist** to sell your biggest asset then I'd love to hear from you.

- Free professional photos & video
- Great commission rates
- Proven Results

m: **0421 132 083**
stephen@atrealty.com.au





FOR SALE

THE BOULEVARD, 59 ENDEAVOUR BLVD NORTH LAKES

Starting from \$375,000

RESORT STYLE LIVING & WALKING DISTANCE TO EVERYTHING!



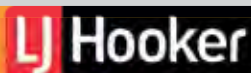
Nearly sold out with only a few remaining be one of the lucky ones to purchase one of these brand new stylish apartments within an easy walk to North Lakes Westfield's, restaurants and the new Mango Hill train station. With only 8 available these amazing apartments offer so much for investors and allows first home owners to claim the \$20,000 First Home Owner Grant. All featuring 2 large bedrooms with options of study nook or multipurpose room. Other standard features to all units include stone bench tops, air conditioning, covered outdoor balcony or courtyard, 9ft ceilings and secure car space. Live the resort lifestyle every day and take advantage of the luxurious swimming pool, spa, gym and a choice of cafes right at your doorstep.

These last remaining apartments will not last long so call me today to arrange your private inspection Saturday/Sunday and evening inspections welcome.



Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au



North Lakes/Mango Hill

1/ 13 Discovery Drive | P: 3491 7733 | F: 07 3491 3809
northlakes@ljh.com.au | ljh.com.au

JUST LISTED!



North Lakes 6 Conjola Street

Feel at Home Right Away! Huge Living ! Rumpus! 800m2 Lot!

Location & practical living are two key ingredients known to enhance lifestyle - this is, without doubt, a home any family would enjoy. Double entry doors open to a generous foyer with raked ceiling, paving the way into this comfortable family home that offers 4 large bedrooms, spacious study or 5th bedroom, fantastic entertaining along with a practical design ensuring enjoyable living all year round. Offering ample living space afforded by the large open plan family and dining room and the large rumpus or media room.

- Spacious Master with Large WIR
- 4 Bedrooms + Study/5th bed
- Designer Kitchen with 40mm Waterfall Stone Benches
- Massive Open Plan Living & Dining
- Under-Roof Entertaining
- A/C & Ceiling Fans



Sale

\$599,000

Darren & Lisa Suhle

0400 197 529

View Saturday 10.00 - 10:30am

darren.suhle@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 / 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au

5 2 2



Ray White North Lakes | Mango Hill



North Lakes 14 Turnstone Circuit 4 2 2

Previous Owner's Tammy & Rob say:-

"What an amazing duo, communication was outstanding and I was kept in the loop every step of the way. Your market knowledge was spot on and I love that you guys kept everything realistic. A signed contract within days of listing was the icing on the cake. You did a phenomenal job and I would have no hesitation recommending you guys, just like you were recommended to me. Go Team Wilkie and a huge thank you for making the whole process as stress free as possible".

Tony & Nadine Wilkie

0406 861 210

Ray White North Lakes | Mango Hill



Mango Hill 5 Gordon Crescent 3 2 2

**SOLD by
Elle Evans!**

Thinking of Selling?

Elle Evans

0437 999 412

Ray White North Lakes | Mango Hill



Experience isn't expensive.... It's Priceless !!!



eview | **aqua**
GROUP PROPERTIES

1300 aqua sell = 1300 278 273

5 / 5 McLennan Court, North Lakes
www.aqua.eview.com.au



BRIDGEBURY
— REAL ESTATE —

THINKING OF SELLING?

Contact us today to see what makes us stand out from our competitors!



154 North Ridge Circuit, Deception Bay



6 Melissa Place, Deception Bay

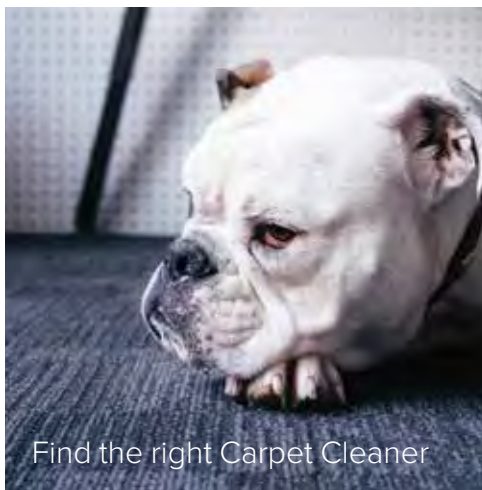


www.bridgebury.com.au

5 / 27 Discovery Drive, North Lakes | Tel: (07) 3180 2800 | E-mail: info@bridgebury.com.au



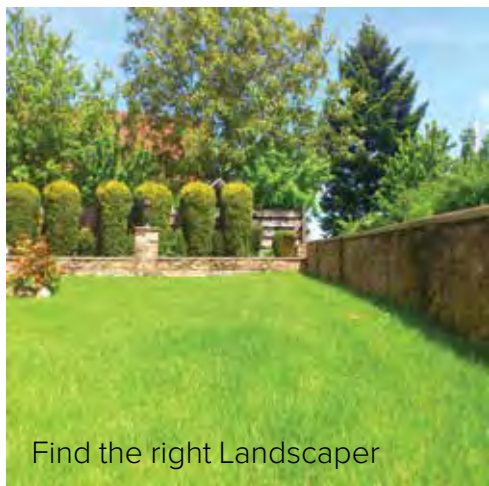
Find the right Concreter



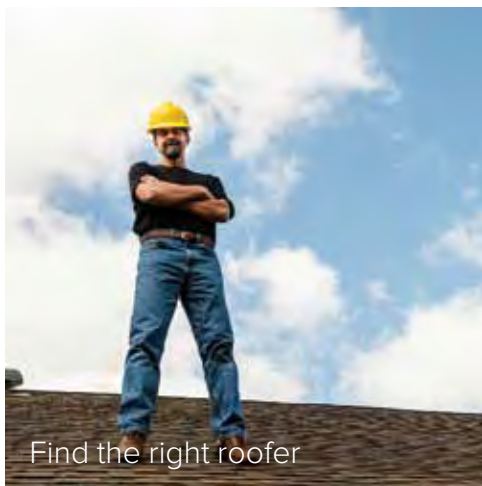
Find the right Carpet Cleaner



Find the right Electrician



Find the right Landscaper



Find the right roofer

Our Trade and Services Directory is the go-to resource in the region for people seeking not just tradesmen but many other services also - services you can trust.

Find the right person for the job in the back of this mag and online at www.northlakesmessenger.com.au

PREMIUM HOUSE & LAND

FIXED PRICE NOTHING MORE TO PAY

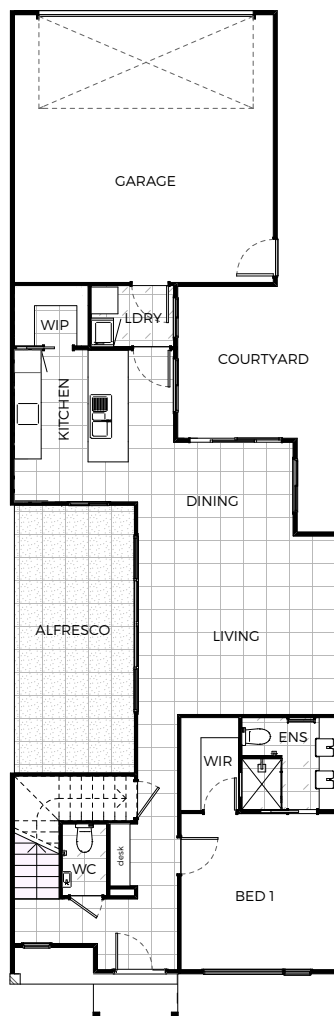
\$459,000





CAPESTONE AT MANGO HILL

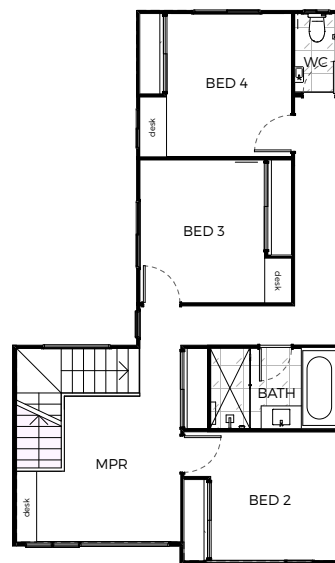


PREMIUM FINISH - NOTHING TO ADD
4 bedrooms, 2 living areas,
2.5 bathrooms with all of the extras!

- ✓ Walk in showers
- ✓ Walk in pantry
- ✓ 2 separate living areas
- ✓ 2 separate outdoor areas
- ✓ 2 study nooks & desks to bedrooms
- ✓ 2700mm high ceilings
- ✓ Stone bench tops throughout
- ✓ Air Conditioning PLUS fans throughout
- ✓ Fully landscaped



 4  2.5
 2  2



LIMITED AVAILABILITY

Call now 1300 720 160

COME & VISIT US THIS SATURDAY 12PM-1PM

Follow the signs from Capestone Blvd, Mango Hill

TRADES & SERVICES DIRECTORY

Every local trade and service you could possibly need at your fingertips, right here, every week.

AIR CONDITIONING

LANDSCAPING

ADVERTISING

BOOKKEEPING

PEST

PETS

POOLS

CLEANING

PLUMBER

COMPUTERS

PAINTER

ELECTRICAL

TILING



ADVERTISING / DESIGN / PRINT

advanced adsignz

Specialising In Large Format Digital Printing

Your local One-Stop Sign Shop

Design | Retail & Commercial Signage | Corflutes | Pull Up Banners
Light Boxes | LED Lettering and much more...

adsignz.com.au 1300 300 608

A FRESH START TO 2017
WEBSITES, GRAPHIC DESIGN, SOCIAL MEDIA, POSTERS,
ADVERTISING, DISPLAYS, FLYERS, SIGNAGE + MORE

29 YEARS

ah justsayah.com.au

Call Tracy 0411 405 225

AGDA

YOUR AD HERE

CARPET CLEANING

Carpet Cleaning available now!

Call now!

V.I.P. Trade licenced. Sustainable carpet cleaning

132613 vipcarpetservices.com.au

Ready Cleaning Services

Local Carpet Steam Cleaning & much more

SPECIAL OFFER Present this ad to receive 3 Rooms for \$95* Conditions apply

Free quote call 0404 001 761
www.readycleaning.com.au

CLEANING SERVICES

A-MAZ-EEN CLEANING

Professional Office Bond & Domestic Cleaning Services

MAZ 0431 557 730
NEEN 0432 630 084

DOMESTIC CLEANING

Reasonable Rates - Can Supply References

Esther Robinson Local Lady 043 967 1060

YOUR AD HERE

Kiss Developments
Specializing in Bond Cleans & Handyman Maintenance Services

ABN 17 613 378 028 | Police check & references available

Call David on 0427 822 795
or Kerry-Lee on 0432 898 984

Cleaning & Handyman Maintenance Services

DANCE

DANCE ACADEMY IN NORTH LAKES

T: (07) 3481 2408
M: 0422-592-124

www.fivestardance.com.au

BALLET - JAZZ - TAP - CONTEMPORARY - HIP HOP
ACROBATICS - MUSICAL THEATRE - POINTE WORK
BIRTHDAY DISCO DANCE PARTIES

ELECTRICAL

facebook.com/electriciannorthlakes

North Lakes Electrical

Call Peter 0424 575 102

Bob Electrical Solutions

Electrical Lic No:75384 Air Con Lic No:L083766 Data Lic No:A033193

10% DISCOUNT TO ALL NEW CUSTOMERS

QUALITY • LOCAL • 24/7 SERVICE

Call Bob 0422 895 517

FREE Quotes
No Call-Out Fee
Competitive Prices

For all your electrical, air conditioning and communication solutions

Electrician

- Domestic lighting & power
- Air Conditioning
- Home Automation
- 24hr service
- Design & wire new houses
- LED lighting upgrades
- Renovations & rewires

Loadstar
Electrical
Your trusted local electrician

Ph: 0405 264 898
www.loadstar.com.au

Electrical Licence No - 78872

NORTH LAKES ELECTRICAL

CALL ROB, TODAY!

24HR SERVICE

Residential & Commercial

0411 776 551

northlakeselectrical.com.au

HANDYMAN/MAINTENANCE

Impressive Building Services

QBCC Build Lic: 1117978

- General property repairs and maintenance
- Additions and extensions
- Bathroom and kitchen renovations
- Decking and pergolas
- General carpentry work
- Emergency repairs
- Painting
- Free quotes

Ph. 0474 641 691

impressivebuildingservices@outlook.com

SKIP-IT

Find us on Facebook

Skips At Competitive Rates/Local Family Business

1300 659 660 www.skip-it.com.au

YOUR AD HERE

HANDYMAN/MAINTENANCE CONT...

**Handyman
Bill**

Retired Builder
No jobs too small
Ph 0439 772 661
Jobs under 3,300 only

HANDYMAN SERVICES
Plastering | Painting | Fencing | Retaining Walls | Water Proofing
FREE quotes | P: 0475303627
ABN 91770239045
All jobs under \$3300

NOSLEN SERVICES

For all your handyman & home maintenance jobs
Contact Cedric 0403 975 903 or cnelson@noslenservices.com
FREE QUOTES

YOUR AD HERE

HEALTH

FORCE FOR LIFE FITNESS
PRIVATE AIR CONDITIONED FITNESS STUDIO
LOCATED AT NORTH LAKES
CERT IN & FC IN FITNESS
TIFFINEE@LIVE.COM
P-0421 469 025
FIND ME ON FACEBOOK

HOME IMPROVEMENTS

YOUR AD HERE

LAKES HOME & PROPERTY MAINTENANCE

*Plumbing *Drainage *Roof & gutter cleaning *Painting *Complete landscaping/ rubbish removal *Water tank installation *Driveway cleaning *Lawnmowing *24 hour quick service *FREE quotes *Jobs under \$3,300 only.

Call Denesh 0434 586 667

HOME IMPROVEMENTS CONT...

ROOF REPAIRS

Leaks / Re-bed / Point / Change broken tiles
Pressure cleaning (roofs, driveways, patios)
Solar panel cleaning / Whirly birds
Roof inspections / Gutters cleaned

Honest & reliable Josh : 0414365475

Jobs under
\$3300
only

Messenger

**Trades and
Services Directory**

Large colour: **\$366** inc GST for 10 weeks
Large b/w: **\$266** inc GST for 10 weeks
Small colour: **\$233** inc GST for 10 weeks
Small b/w: **\$133** inc GST for 10 weeks

LANDSCAPING



Garden design, construction
and refurbishments, turfing,
paving and water features.

Call Alan on
0412 304 324

imaginethatlandscapes.com.au

TUFF YARDS
LANDSCAPE DESIGN &
CONSTRUCTION SPECIALISTS
1300 932 569
m :: 0423 866 429
e:: info@tuffyards.com.au

Concreting
Retaining Walls
Fencing
Turfing
Landscaping
Decks
Patios
Mini Excavation
BSA 1152501

LAWN MOWING

Matt's Mowing
• Let us care for all your gardening needs •

Call Matt on 0438 297 464

ABN: 11512613828

matts_mowing@bigpond.com

Freddy's Mowing & Gardening
0434 886 259

Friendly, reliable family owned business
Servicing the local area since 2009

RJZ Yard Maintenance

A Reliable, Family owned business
Mowing, Edging, Gardening, Weeding, Hedging, Pruning,
Rubbish removals and Yard clearances.
Ph. 0425 654 358

PEST

Termites
Cockroaches
Silverfish
Spiders
Ants
Rodents
Fleas

GIO'S PEST CONTROL
DON'T PAY TOO MUCH
FOR PEST CONTROL!
Call John
Servicing all suburbs
0413 412 725
QUALITY WORK GUARANTEED
giospestcontrol@bigpond.com
www.giospestcontrol.com.au

GOTCHA Pest Control
PMT13907 & QBCC 1314207
FAMILY OWNED & OPERATED

PRE-PURCHASE TIMBER PEST INSPECTIONS
TERMITE INSPECTIONS & TREATMENTS
GENERAL PEST CONTROL

Call Dave Rodwell on 0433810166
E: rodwell.dave@yahoo.com.au

PETS



CARING FOR ALL DOMESTIC PETS
We cover the entire North Brisbane area

For a free quote call 0432 052 882
www.crackerjackpetcare.com.au

YOUR AD HERE

PLUMBING

Lakeside Plumbing QLD

Your friendly local North Lakes Plumbers

- ✓ CCTV camera drain inspections
- ✓ Hydro jetting, drain blockage clearing
- ✓ Taps, Toilets, Hot water, Leaks
- ✓ Rainwater tank / pump repairs
- ✓ No call out fee for North Lakes & Mango Hill residents
- ✓ Free quotes

Steve: 0468 346 006

admin@lakesideplumbingqld.com

Mention this ad
to receive 10%
discount
24/7 DAY
SERVICE

BSA: 1165842



Andrew Sutherland
3491 8489

works@northlakesplumbingqld.com.au

- Hot Water heaters electric & solar
- Rain water tank pump repairs/ replacement
- Leaking taps, toilets and blocked drains
- 24 / 7 Days

YOUR AD HERE

POOLS

Royal Pool Care
The clearest of them all

**MOBILE POOL SERVICE,
MAINTENANCE & REPAIRS**

CALL Mitchell on 0410 139 525
WE COME TO YOU

FAST RESPONSE POOL CARE
Cleaning | Equipment | Repairs | Heating

Jim's Pool Care
Mobile Pool Shops All work 100% Guaranteed
131 546



HOLDEN 4 DAY SALE

ENDS SATURDAY 21/01/17

MASSIVE SAVINGS!

+ 5 YRS WARRANTY*

+ 5 YRS ROADSIDE ASSIST*

+ A HUGE FACTORY BONUS*

ON ALL NEW AND DEMO VEHICLES.



*The 4 Day Sale starts on the 18/01/17. Vehicles sold 18/01/17 - 21/01/17 and delivered before 31/01/17 unless extended, changed or while stocks last at participating Holden Dealers. Includes Dealer delivery, stamp duty, 12 months registration and compulsory third party insurance. Excludes prestige paint. Private or ABN buyers only. Not available with other offers. #5 year/130,000 km warranty (whichever occurs first) and 5 years roadside assistance from date of vehicle registration. *Factory bonus redeemed at point of sale. Terms and conditions apply.

Village
MOTORS *Group*

REDCLIFFE
425 Elizabeth Ave



07 3883 0900

PETRIE



1051-1059 Anzac Ave
Opposite Petrie Train Station

07 3285 0600

VillageMotors.Com.Au